



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Southwestern Turkey Quinoa Stuffed Peppers ••

Southwestern Turkey Quinoa Stuffed Peppers is a delicious and healthy recipe that combines the flavors of the Southwest with lean ground turkey and quinoa. The peppers are stuffed with a mixture of ground turkey, quinoa, black beans, corn, tomatoes, and spices, then baked until tender. This recipe is packed with protein, fiber, and essential nutrients, making it a satisfying and nutritious meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 800 grams

Number of Servings: 4

Serving Size: 200 g

Ingredients

4 pieces	Bell peppers
500 g	Ground Turkey
200 g	Quinoa

200 g	Black Beans
150 g	corn
200 g	Diced Tomatoes
2 tsp	cumin
2 tsp	chili powder
1 tsp	garlic powder
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the tops off the bell peppers and remove the seeds and membranes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Stove

In a large skillet, cook the ground turkey over medium heat until browned. Drain any excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

In a medium saucepan, cook the quinoa according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 5

Mixing

In a large bowl, combine the cooked ground turkey, cooked quinoa, black beans, corn, diced tomatoes, cumin, chili powder, garlic powder, salt, and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Stuffing

Stuff each bell pepper with the turkey-quinoa mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Place the stuffed bell peppers in a baking dish and cover with foil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Oven

Bake in the preheated oven for 25-30 minutes, or until the peppers are tender.

Prep Time: 0 mins

Cook Time: 30 mins

Step 9

Oven

Remove the foil and bake for an additional 5 minutes to lightly brown the tops of the peppers.

Prep Time: 0 mins

Cook Time: 5 mins

Step 10

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	20 g	117.65%	117.65%
---------	------	---------	---------

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	40 mg	44.44%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Mexican

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Simmering

Cutting

Cut

Plating

Serving

Cooking

None

Stir-frying

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com