

Thai Stuffed Peppers Served with Garlic Green Beans

Ingredients:

Peppers:

1 lb ground turkey breast
1 cup cooked quinoa
4 small bell peppers, tops cut off and insides cleaned
1/3 c chicken broth
1/3 c full fat coconut milk
3 cloves garlic (chopped)
1 TBS coconut oil
1/2 tsp red chili flakes
1/2 tsp ground cumin
Juice of 1 lime
6 kaffir lime leaves (if available)
Salt and pepper to taste

Beans:

1 lb green beans, ends trimmed
1 TBS coconut oil
2 tsp liquid aminos
1 TBS garlic powder
1 tsp fish sauce
Salt, pepper and red chili flakes to taste

Instructions:

Preheat oven to 350F. Heat coconut oil in a large pan on medium heat, and add garlic to brown, 3-4 minutes. Add ground turkey and spices, and let cook down, breaking the turkey up and stirring as you go, 8-10 minutes. Add broth, coconut milk and lime leaves and let simmer, stirring occasionally for 5-10 minutes. Add in the cup of cooked quinoa and stir till ingredients are combined, then turn off heat. While mixture cools slightly, prepare peppers and place in a baking dish. Using a spoon, scoop turkey mixture into peppers, making sure to divide evenly amongst the four. You can pack the filling quite well into the peppers if you find yourself with extra. Bake for 30-35 minutes. Peppers should be soft, but not overly browned or wilted. 10 minutes before peppers are finished, make the green beans. For the beans: Sauté all ingredients in coconut oil in a pan on medium heat, turning frequently till beans are cooked.

Servings: 4

Calories per serving: 370

