

UNSTUFFED TURKEY PEPPER BOWL



SERVING SIZE

4



INGREDIENTS

ITEM

Olive Oil, Divided
Bell Pepper, Chopped
Lean Ground Turkey
Cloves Garlic, Minced
Onion Powder
Chili Powder
Salt and Freshly Ground Black Pepper

QUANTITY

1 Tbsp.
2 Cups
1 Lb.
2
2 Tsp.
1 Tsp.
To Taste

ITEM

Ground Cumin
Can Diced Tomatoes
Fresh Parsley, Minced
Cauliflower Rice
Finely Shredded Cheddar Cheese (Maintenance Only)
Few Dashes Cayenne Pepper, (Optional)

QUANTITY

1 Tsp.
1 (14.5 Oz.)
3 Tbsp.
2 (10 Oz.) Pkts.
1 Cup



PREPARATION

- ✔ Heat half of the olive oil in a large pan over medium heat.
- ✔ Add chopped bell peppers and sauté for 3-4 minutes until softened. Remove and set aside.
- ✔ Add the remaining oil to the pan, then add ground turkey. Cook until browned, breaking it apart as it cooks.
- ✔ Stir in garlic, onion powder, chili powder, cumin, salt, and black pepper. Cook for another minute.
- ✔ Pour in the diced tomatoes (with juice) and mix well. Simmer for 5 minutes.
- ✔ Stir in the cooked bell peppers and parsley.
- ✔ In a separate pan, heat the cauliflower rice according to the package instructions.
- ✔ Serve the turkey mixture over cauliflower rice. If using, sprinkle with cheddar cheese.
- ✔ Garnish with more parsley and a dash of cayenne if desired.
- ✔ Enjoy your flavorful, protein-packed bowl!