

DINNERLY



Low-Carb Cheesy Turkey Stuffed Peppers

with Jammy Onions



25min



2 Servings

The Philly cheesesteak is already one of the most iconic sandwiches known to man, but it has a trick up its sleeve you didn't know about: Swap the bread for a tender roasted pepper, and you've got a great meal on your hands. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 2 oz roasted red peppers
- 2 green bell peppers
- 10 oz pkg ground turkey
- ¼ oz steak seasoning
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

- 2 Tbsp neutral oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- ½ cup milk ⁷

TOOLS

- rimmed baking sheet
- medium ovenproof skillet
- small saucepan

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 610kcal, Fat 43g, Carbs 25g, Protein 37g

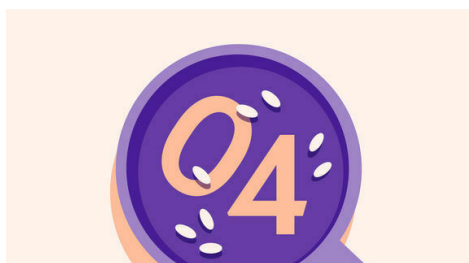


1. Prep & broil peppers

Preheat broiler with racks in the center and upper third.

Halve **onion**; thinly slice. Coarsely chop **roasted red peppers**.

Halve **bell peppers** from top to bottom; discard cores and seeds. Rub with **oil**; sprinkle insides with **salt**. Transfer to a rimmed baking sheet. Broil on upper oven rack until lightly softened and browned in spots, flipping halfway through, 5–7 minutes.



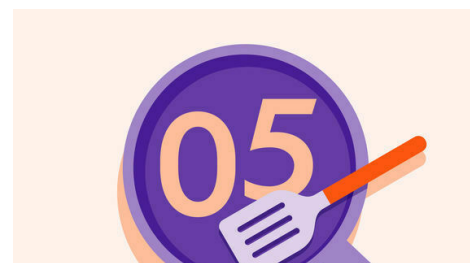
4. Make cheese sauce

Meanwhile, heat **1 tablespoon oil** in a small saucepan over medium. Add ½ **tablespoon flour**; cook, stirring, until toasted, 30–60 seconds. Whisk in ½ **cup milk** and ¼ **teaspoon salt**; simmer until slightly thickened, about 2 minutes. Remove from heat. Whisk in **cheese** until melted. Season to taste with **salt** and **pepper**.



2. TURKEY VARIATION

While **peppers** broil, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **onions** and cook, stirring occasionally, until browned in spots, 5–7 minutes. Add **turkey**; cook, stirring and breaking up into smaller pieces, until browned, 4–6 minutes.



5. Finish & serve

Drizzle **cheese sauce** over **stuffed peppers**.

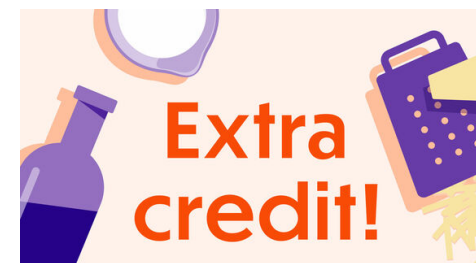
Serve **cheesy turkey stuffed peppers** sprinkled with **a few grinds of pepper**. Enjoy!



3. Finish filling & assemble

To skillet with **turkey and onions**, add **red peppers** and **steak seasoning**. Remove from heat; add **2 tablespoons water**, scraping up any browned bits from bottom of skillet. Season to taste with **salt** and **pepper**.

Fill **peppers** with **turkey mixture**. Transfer peppers to same skillet. Keep warm on center oven rack, about 5 minutes.



6. Mushrooms anyone?

Slice up some mushrooms and cook them with the onions in step 2!