# Inside-out stuffed Poblanos



This yummy recipe is perfect to mix things up a bit! With healthy and delicious ingredients, it’s sure to become a new family favorite!

## Ingredients

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| 5 | Poblano Peppers |
| 2 c | Chopped onions |
| 2 Tbsp | Minced Garlic |
| 1 lb | Ground Turkey |
| 1 c  1 c  1 can  1 Tbsp  ¼ c | Cooked Brown Rice  Corn  Tomatoes  Cumin  Lime Juice  Cheese (opt) |

1. Line cookie sheet with foil. Broil peppers for 6 minutes, turn over and broil 6 more minutes.
2. Sauté onion with garlic, set aside.
3. Cook ground turkey, drain.
4. In a food processor or blender, combine ½ of onion mixture, tomatoes, cumin and lime juice. Blend until smooth.
5. In a large bowl, mix 1 ½ c rice, ½ onions, gr beef, corn and part of the tomato mixture. Mix in some cheese if desired.
6. Spray baking dish with non-stick spray, slice and seed peppers then spread them across the bottom of the pan.
7. *Spread meat mixture across peppers, top with tomato mixture.*
8. *Bake at 400 degrees for 20 minutes.*

*\*if you’d like to add cheese on top, add it about 4 minutes before the* peppers are done.



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