

Clean Eating Mexican Stuffed Bell Peppers

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/clean-eating-mexican-chili-recipe>

Ingredients:

- 3 red bell pepper large
- 1 pound lean ground turkey
- 1 tablespoon coconut oil
- 1 red onion small, chopped
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon ground cumin
- 2 teaspoons chili powder
- 1 cup frozen corn
- 15 ounces tomato sauce OR 12 oz. jar of your favorite clean salsa
- 3 tablespoons cheddar cheese freshly grated, any cheese will work
- fresh cilantro for garnish, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 95 milligrams
4. Fat: 18 grams
5. Fiber: 7 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 600 milligrams
9. Sugar: 15 grams

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