

Whole30 Approved Lamb Stuffed Peppers { Turkish Dolma }

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-dolma-recipe-pepper>

Ingredients:

- 16 ounces ground lamb
- 5 ounces lean ground beef
- 3 cups rice cauliflower, toasted and cooled
- 2 paprika teas
- 1 handful fresh mint chopped
- 1/3 cup pine nuts toasted and cooled
- salt
- pepper
- 4 peppers large, red green, yellow or orange, cut in half, from the top down and seeds removed
- 2 tablespoons olive oil
- 14 ounces tomato sauce
- 1/2 cup water
- 1 cup greek yogurt use tahini or cashew cream for whole 30
- 1 1/2 fresh mint teas, chopped
- 2 garlic cloves minced
- 1/2 thyme teas
- 1/2 oregano
- 1/8 red pepper flakes teas

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 115 milligrams
4. Fat: 47 grams

5. Fiber: 5 grams
 6. Protein: 36 grams
 7. SaturatedFat: 16 grams
 8. Sodium: 720 milligrams
 9. Sugar: 13 grams
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