

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

STUFFED POBLANO PEPPERS

MAKES 4 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 white onion, diced
- 1 lb ground turkey
- 1 can low sodium black beans, drained and rinsed
- 1 can diced tomatoes and chilis
- 1 tablespoon tomato paste
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1/2 cup hot water
- 1/2 cup shredded Mexican style cheese
- 8 poblano peppers, tops and seeds removed

DIRECTIONS

1. Preheat the oven to 350 degrees
2. Heat the olive oil in a large pan over medium heat
3. Sauté the onion for 5-7 minutes or until tender
4. Add the ground turkey and cook until browned
5. Add the black beans, diced tomatoes, tomato paste, chili powder, cumin, garlic powder and hot water then stir well to fully combine
6. Allow the mixture to simmer uncovered for 5-10 minutes until most of the liquid is gone
7. Remove from heat and stir in the cheese until melted
8. Line a sheet pan with foil and lightly coat with cooking spray
9. Spoon about 3 tablespoons of the mixture into each of the peppers
10. Place peppers on their sides evenly across the baking sheet and roast for 25-30

NUTRITION BREAKDOWN

CALORIES

370

CARBS

35G

PROTEIN

40G

FAT

9G

FIBER

11GRAMS

You can subtract the dietary fiber from the carb count!

$35g - 11g = 24g$ of carbohydrates.

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>