

# Crock Pot Ground Turkey Stuffed Peppers



Make your holiday table a little brighter with these beautiful stuffed bell peppers!

My favorite season is sunshine. I don't really care what month of the year it actually is... if the sun is beaming and I can feel the warmth on my face then it's my favorite season, for sure. Fall brings lots of sunshine– and rain– and over programming of school functions, sports, travels, holidays, and chaos. That's why I desperately need that sunshine to keep me warm and happy! ☐

Since days like today have a full agenda and to do list, I'm taking advantage of leftovers in my fridge and making an easy low-fat crock pot meal that we can all sit down to as soon as we get home from today's events. It's tempting to drive through or order delivery when the day is so full already... but I'd rather have dinner ready in the crock pot and just get home, sit down, and eat. Sure, there are a few dishes to do

after the kids go to bed, but it's so much healthier and less crazy for me to plan ahead and just have it done and ready to go.



We ate stuffed peppers pretty often growing up. I like the simplicity of meat and veggies and it is a great way to use up leftover rice. I can also totally sneak in extra veggies because it's really like a pretty pepper stuffed with a huge meatball! You can either cut the bell peppers in half or just cut the crown off and stuff them

whole and standing up. I make that decision based on the shapes/sizes of the peppers and how they will fit best in my crock pot. If I use the whole pepper, I like to use this [insta pot](#) or one that is more vertical... but if I'm cutting them in half, then [this is definitely the one to use](#).

My kids like the filling, but not the peppers, so when I make this at home I save half of the filling and bake it in a loaf pan instead of stuffing it into peppers for the crock pot. I don't usually like to make two separate meals for dinner... but if I give them the stuffed peppers they just eat the middle out and leave the fleshy and bright veggie to throw out. That makes me sad! So I have compromised and bake it separate for them to eat.

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## Crock Pot Ground Turkey Stuffed Peppers

**Prep Time: 20 minutes**

**Cook Time: 5-6 hours**

**Serves: 6**

6 medium bell peppers (red, yellow, orange, or green)

1 lb. ground turkey

2 c. cooked white rice

1 c. diced sweet onion

1/2 c. shredded carrot

1/2 c. canned corn kernels, drained

2 T. tomato paste

8 oz. can of tomato sauce

2 T. brown sugar

Cut the tops off of the peppers and pull out seeds and pithy parts. In a separate bowl, mix the meat and veggies. Form into balls and fill the peppers; the meat can be pressed in firmly. In another bowl, mix the tomato paste and sauce with the brown sugar, then pour the mixture over the tops of the peppers. Cook on low for 4-6 hours.

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## Crock Pot Dirty Rice

Do you ever stock up on meat when it's on sale and freeze it, only to then have to come up with a meal that specifically uses that "great deal" before it gets freezer burnt?! Yeah, that's what I'm going through today. I thawed out a package of sweet italian ground sausage. I'm sure I bought it with some sort of intention... but then it got buried in the freezer under half a dozen packages of frozen vegetables. After making winter vegetable soup, I found my meat stash and now had to face the task of figuring out what to make with the ground

sausage.

Normally, you can substitute ground sausage in most ground beef or ground turkey recipes. It makes great chili, an incredible lasagna and even is creative in meatloaf. But I wanted to work on a recipe that truly highlighted the spices of the sweet italian sausage. You can use any variety of sausage, just understand that the flavors will ultimately completely change up the overall dish— so if you want hot sausage or you want to un-case a beer bratwurst, that's totally fine. You can play with the flavors by changing up your meat selection— or using up something you find in the bottom of your freezer!

So tonight, we're having crock pot dirty rice. I love that this dish uses the word "dirty", but it's so true. This is the antithesis of steamed, white rice. It muddles together all the flavors from the spicy meat and the sweet vegetables and somehow the tomato paste marries it all together. Yes, that's what this is— a "dirty" "marriage" of flavors. Ha! I hope you enjoy this classic spicy one-pot meal and that it warms up your winter night.

1 lb sausage, crumbled and browned

3 cups water

1 cup uncooked long grain rice

1/2 large onion, finely chopped

1/2 large red bell pepper, finely chopped

1/2 large yellow bell pepper, finely chopped

3 stalks finely chopped celery

1 15 oz. can kidney beans, not drained

1 6 oz. can tomato paste

1 beef bouillion cube

1 tsp salt

1/2 tsp red pepper flakes

1 T. chopped fresh parsley

Brown meat and put in crock pot first. Then using same pan, brown onions and peppers until soft, then add to crock pot. Add remaining ingredients, except for parsley. Stir. Cook on low for 4 hours. Serve into bowls and sprinkle with fresh parsley.

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## Sarah's Vegetable Chili

*I love when my friends and fans share their recipes... everyone loves a good crock pot dish that is worthy of sharing! So from one crock pot fanatic to another, here is Sarah's recipe for vegetable chili. It sounds like a great way to use fresh produce and also make a vegetarian dish that will fill everyones' bellies with happiness. I especially like her tools of measurement. Enjoy!*

Chop one metric crap-ton (that's 1 HUGE zucchini, 3 small bell peppers, 2 big handfuls of green and wax beans and 2 ears of corn, hulled) to bite-sized pieces and drop into crock pot. Add 3 (15 oz) cans of beans (I used pinto, kidney and dark kidney). Stir to combine.

Separately, combine 1 (8oz) can tomato sauce, 1 (6 oz) can tomato paste, 4 cloves minced garlic, 4 T chili powder, 1 T dried mustard powder, 1 t oregano and 1 t ground cumin. Plop over veggies.

Add 1 box (4 C) vegetable stock. (I like wetter chilis, but you can use less if you prefer a chunkier chili). Stir to combine and coat all the veggies with the chili goodness.

Pop on low for ... I think mine was on for about 10 hours, so I'll go with the 8-10 hours on low. At this point, you can add cooked elbow noodles, sour cream, cheese, fresh onion...whatever you like.

I'm thinking carrots would sweeten it up a bit if that's what you like. OOH! I bet barley would be good too...Lookie at me, cooking without a complete recipe. My sister would be so proud! ☐ Next recipe will be filled with "a pinch of" and "a dash of" and "half an eggshell of"..."

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## Crock Pot Sloppy Joes

Here's your mission if you choose to accept it: *make dinner for four adults and two kids when you are staying at a friends house, you found one pound of ground turkey in the freezer and there is a pantry of assorted cans.* And... GO!

While visiting friends this week, I figured it was only appropriate to help with meals since they are at work all day. I know there is a crock pot on staff in the kitchen, so I accepted this mission without hesitation. Crock pot cooking is just the easiest way to make a crowd-pleasing dish without making a huge mess.

With our mix of adults and kids, I figured crock pot sloppy joes would be great. But with only one pound of meat, I knew that I needed to pump up the dish with some added ingredients. This recipe worked out great because it kept the true flavor

of sloppy joes, but included some extra protein. Try this out next time you have to feed friends or family members or are looking for a no-fuss take on an old-time favorite. Enjoy!

1 lb. ground turkey

1/2 medium onion, diced (or 3 T. dried minced onion)

1 green pepper, seeded and diced

1 14 oz. can of black beans, drained and rinsed

1 6 oz. can of tomato paste

1/2 cup brown sugar

1 t. cumin

1 t. black pepper

1 t. chili powder

1 t. garlic powder

1/2 t. salt

1 t. worchestershire sauce

2 t. apple cider vinegar

1 t. yellow mustard

1 c. tomato juice or vegetable juice

1/4 c. water

Brown ground meat thoroughly in 1-2 t. of vegetable oil. Then add green peppers and (fresh) onions, cook until they are soft, and add to crock pot. In a separate bowl, mix together the rest of the ingredients and the pour on top of cooked items in crock pot, stir together. Add in the black beans and stir once more. Cook on low for 4-6 hours. Serve on hamburger

buns for traditional presentation or use King's Hawaiian Original Rolls to make cute little sloppy joe sliders.

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## Crock Pot Bean Medley

We're going to a BBQ at my brother's house this weekend and since the assumption is that I'll bring something from the crockpot, I know I need to come up with something tasty and creative. The catch is that I don't really want to go grocery shopping today. So, I'm diving into the pantry in the hopes that I will surface with a plan and an amazing side dish. I also want to make this dish over night so that it is ready to go in the morning.

Baked beans are a very typical BBQ side dish, but I would like to make a bean dish that isn't brown and smokey or looks like it's was dumped into a bowl and served. Beans are an easily accessible food— even if they look like they were prepared a little different, everyone still usually takes a scoop to eat. This combination is a nice variation because it is more colorful and the light colors are a nice balance for spring. Enjoy!

*\*\*NOTE: Assume that each can is about 15 ounces. This recipe works best in a 6-quart pot. Feel free to divide all ingredients in half if you are not cooking for a large gathering of people, a sports team or a small army.\*\**

2 cans black beans, drained and rinsed

2 cans dark red kidney beans, drained and rinsed

2 cans great northern or cannellini beans, drained and rinsed



2 cans sweet corn kernels, drained

8 oz. frozen cut green beans

1/2 medium onion, chopped

1/2 red bell pepper

1/4 c. apple cider vinegar

1/4 c. brown sugar

1/2 t. celery seed

1/2 t. oregano

1/2 t. black pepper

3 T. ketchup

3 T. tomato paste

1 T. brown or dijon mustard

Drain and rinse all the beans before putting them in the crockpot. Add the rest of the veggies. Mix together the brown sugar, apple cider vinegar, tomato paste, mustard, ketchup and seasonings and dump in on everything in the crock pot. Give it one good stir and then set it on high for 3 hours or low for 5-6.