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.

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.

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"…."

Crock Pot Cincinnati Chili

If you are unfamiliar with Cincinnati chili, let me explain to you how this is different from what you might think. This is more like a spaghetti sauce, than a stew. It usually has some combination of allspice, cinnamon and sometimes cocoa powder in it. There are no beans cooked in this pot and it is not meant to be consumed by itself. It is however, an amazing topper for hot dogs, spaghetti, french fries or even in a

tortilla! When you eat this, there are different ways of presenting it– five in fact! Two-way would be spaghetti and chili, three-way adds finely shredded cheddar cheese, four-way diced onions and five-way would be all of the above plus some dark red kidney beans. Crazy enough– you can also top it with oyster crackers and hot sauce, if you so choose.

Skyline and Gold Star are probably the most common brands of Cincinnati Chili and you can get it at the fast-food restaurants or in cans at the grocery store. But since I don't live in the Great Lakes area anymore, I make my own crock pot Cincinnati chili using my best friend's mom's recipe. Yes, it's three degrees of separation, but it's still so good! So to "K" and "R"– thank you for sharing your recipe with me, it's better than the original!!

1.5 lbs. ground beef

1 29 oz. can tomato sauce

1 14.5 oz can peeled whole tomatoes

1 onion, diced

1/2 t. allspice

1/2 t. cinnamon

1 t. salt

1/2 t. black pepper

1 1/2 t. chili powder

1 t. white vinegar

1 clove garlic, minced

3 bay leaves

Brown meat in a pan, then add to crock pot. Add all

ingredients and stir well. Cook on high 4-5 hours. Smash peeled tomatoes while still in the crock pot. Remove bay leaves before serving. See notes above for different ways of enjoying your Cincinnati chili, including on a hot dog, on french fries, in a tortilla, or most commonly on spaghetti and topped with finely shredded cheddar cheese.