



COFFEE RUB MEATLOAF STUFFED BELL PEPPER - A VALENTINE'S WEEK SPECIAL!



INGREDIENTS

- | | |
|--|------------------------------------|
| 7 oz ground turkey | 1 egg lightly beaten |
| 1 large red pepper top & insides removed | 1/2 cup green peppers finely diced |
| 1/2 cup green onions finely diced | 1 tsp coffee rub |
| sea salt & pepper to taste | |

DIRECTIONS

Preheat oven to 375°F

In a medium sized bowl, mix together turkey, egg, green peppers, onions and coffee rub.

Now, stuff mixture into the red bell pepper, place on a baking sheet and place in the oven for approximately 20 minutes or until cooked.

Ready to serve!

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