

## Pepper Boats

Prep Time 20 min   Cook Time 20 min

### Ingredients:

1 lb ground turkey or ground chicken  
3 bell peppers (red or orange)  
yellow onion  
chili powder  
pepper  
nutmeg  
Madras curry (or Cumin)  
Salt  
Italian seasoning  
1 egg  
2 cloves of garlic  
Greek yogurt  
Heavy cream  
Oatmeal

Preheat oven to 400 degrees

Start by cutting 2 peppers into halves or fourths (depending upon how big you want your "boats" to be).

Next take a 1/3 of remaining pepper and finely chop to use for sauce.

Then finely chop/ mince 2 cloves of garlic; Chop ¼ of yellow onion and set aside.

(Keep onion separate from garlic and chopped pepper for now).

Season ground meat as follows: 1 T. chili powder, several cracks of fresh ground pepper, approx. ½ tsp of fresh ground nutmeg, ½ tsp Madras curry (or Cumin). Mix in all spices, the egg, and 2-3 heaping T. of Greek Yogurt. Into a food processor put approx. ¼ cup of oats, 2 tsp of Italian seasoning, and one tsp salt. Grind up oat mixture into a fine meal and add to meat.

Pre-cook pepper boats (empty) for about 10 minutes; then remove from oven and spoon meat filling into each boat until slightly heaped. Drizzle the tops with olive oil and put back into oven for approx. 20 minutes, or until tops have become a nice golden brown.

### Sauce:

In a frying pan, add chopped onion and cook down until nearly caramelized; then add chopped pepper and garlic. Season with 2-3 tsp chili powder, a sprinkle of Cayenne (go easy), a sprinkle of black pepper and a tsp or so of salt. Continue to stew down mixture until everything is completely softened and condensed. Remove from heat and drizzle in heavy cream until sauce becomes an orangey salmon color;

usually takes about 2 T. Put back on heat and simmer for a few more minutes. You can use a stick blender at this point (if you want to) to make sauce nice and smooth. It's delicious either way.

Serve pepper boats immediately after removing from oven with pepper cream sauce over the top.