



Stuffed Not Peppers



ingredients

- 1 lb ground turkey
- 1 chopped onion
- 2 shredded carrots
- 1 clove garlic minced
- 1/2 tsp salt
- 1 cup cooked brown rice
- 1 can fire-roasted tomatoes
- 1 container spiralized zucchini
- 6 portobello mushroom caps
- nutritional yeast
- dairy free cheese of choice

instructions

Brown ground turkey with garlic, onion and salt.

Add remaining ingredients and cook for another 30 minutes to allow flavors to develop.

Rinse mushroom caps and scrape gills and stems away. Heat oven to 350 and roast inside up 10-12 minutes until tender. Drain accumulated moisture. Top mushrooms with dairy free cheese of choice (if desired) and filling mixture. Sprinkle with nutritional yeast and bake 15-20 minutes.

