



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 4-5 hours

Serves: 8-10

INGREDIENTS

- 1 kg turkey mince
- 1 tsp ginger
- 1 tsp crushed garlic
- 1-2 long red chillies finely diced
- 1 tbsp smoked paprika
- 1 1/2 tsp pink rock salt
- Black Pepper
- 12 large banana capsicums
- 1/2 cup parsley, finely chopped
- 1/2 cup chives, chopped
- 1 x 500g can tomato soup
- 1/2 cup chia seeds
- 2 tbsp cornflour

METHOD

- In a large bowl combine turkey mince, ginger, garlic, chillies, paprika, salt, pepper, parsley, chives 1 cup of the tomato soup, and chia seeds.
- Mix well (I use my hands for this).
- Cut the stalk end off the capsicums and remove the seeds.
- Stuff each one with the mixture and stack in layers in the slow cooker.
- Add 1 cup of stock or water to extra tomato soup, mix and pour over capsicums.
- Cook on high for 4-5 hours, then remove capsicums gently onto a plate.
- Combine cornflour with 1/2 cup water, mix well and stir into juice in cooker.
- Return to the boil to thicken and pour over capsicums.
- Serve with Konjac rice, cauliflower rice or potatoes.

SLOW COOKER **HERB AND TURKEY** **STUFFED CAPSICUM**

