

## Jalapeno Feddar Poppers – THM S

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*Servings: 6*

*Time: 45 minutes*



### **Ingredients:**

1 lb regular ground meat or sausage

9 Jalapenos, cut in half with seeds and ribs removed (get the fattest ones you can find, at least the width of your thumb)

4 ounces 1/3 less fat cream cheese

1/4-1/2 Cup [nutritional yeast](#)

2 teaspoons mineral salt

1/2 teaspoon black pepper

1 teaspoon fennel seeds (if using ground meat instead of sausage)

1/2 teaspoon red pepper flakes

1 teaspoon garlic granules

1 teaspoon onion powder

### **Directions:**

Type recipe directions here

### **Directions:**

Preheat the oven to 375 degrees Fahrenheit. Cut the jalapenos and remove the white ribs and seeds. Lay them out on a baking sheet.

Mix defrosted ground meat with room temperature cream cheese and all other ingredients very well, until you can no longer see white streaks of cream cheese in the mixture.

Grab, approximately 1 Tablespoon, meatball portions of the mixture and roll them between your hands until they are long enough for the jalapeno and then press into the half, until you fill every crevice. Continue until all jalapeno halves are filled. If you have extra, roll them into meatballs and cook alongside the poppers.

Bake for 25-35 minutes.

They will be very oily if using sausage, and I poured that out on the baking sheet before putting them on the plate for serving.