

Stuffed Green Peppers

These tasty stuffed peppers make a delicious and filling entree. Use brown rice to increase your whole grains.

Makes: 4 servings

Source: choosemyplate.gov recipe/ Stuffed Green Peppers
Image from: pexels.com

Ingredients

- 4 green pepper (large, washed)
- 1 pound turkey, ground, 85% lean
- 1 cup rice, uncooked
- 1/2 cup onion (peeled and chopped)
- 1 1/2 cup tomato sauce, unsalted
- ground black pepper (to taste)

Directions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Stuffed Pepper

Nutrients	Amount
Calories:	461
Total Fat:	15 g
Saturated Fat:	4 g
Cholesterol:	84 mg
Sodium:	100 mg
Total Carbohydrates:	55 g
Dietary Fiber:	5 g
Total Sugars:	10 g
Added Sugars:	6 g
Protein	26 g
Vitamin D	0 mcg
Calcium	97 mg
Iron	4 mg

Utensils Needed

- Knife
- Cutting Board
- Pot for boiling peppers
- Measuring Cups
- Sauce pan
- Spoon
- Casserole dish

SHOPPING LIST

Average total cost without oil and seasonings: \$10.51

Average cost/serving: \$2.63

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 4 to Cart
Green Bell Pepper 6oz (avg)



Add 1 to Cart
Ground Turkey 85% lean 1 lb



Add 1 to Cart
Jasmine White Rice 8.8 oz



Add 1 to Cart
White Onion 13oz (avg)



Add 2 to Cart
Tomato Sauce - No Salt Added 8 oz
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My Cooking Notes
