

Stuffed Green Peppers

June 2021



Makes: 4 servings

Ingredients

4 green bell peppers
1 pound ground turkey
1 cup rice (uncooked)
½ cup onion (peeled and chopped)
1 ½ cups tomato sauce (unsalted)
Ground black pepper (to taste)

Nutritional information for 1 serving

Calories	461
Total fat	15 g
Saturated fat	4 g
Cholesterol	84 mg
Sodium	100 mg
Total carbohydrate	55 g
Dietary fiber	5 g
Total sugars	10 g
Added sugars included	6 g
Protein	26 g

Directions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Cook the green peppers in boiling water for five minutes. Drain well.
3. In a saucepan, brown the turkey. Add rice, onion, ½ cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in a casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 F.