STUFFED PEPPERS

INGREDIENTS  Serves: 4  |  Serving Size: 1 pepper

- brown rice 1/2 cup
- green bell peppers 4 medium
- onion 1/2 small, diced
- ground turkey 1/2 pound
- garlic powder 1 teaspoon
- Italian seasoning 1 tablespoon
- no salt added carrots 1 - 15 oz can
- no salt added diced tomatoes 1 - 15 oz can
- pasta sauce 1 - 15 oz can
- cheese (optional) 1/2 cup

lowcountryfoodbank.org/nutrition
1. **COOK RICE**
   - Cook rice according to package instructions.

2. **PREHEAT OVEN**
   - Preheat oven to 350 degrees Fahrenheit.

3. **PREPARE PEPPERS**
   - Cut tops off the bell peppers and remove the seeds. Lightly grease a baking dish that will hold the four peppers.

4. **MICROWAVE PEPPERS**
   - Place peppers cut side-down on a microwave-safe dish and add a tablespoon of water in the bottom of the dish. Cover dish and cook on high for 4 minutes.

5. **BROWN TURKEY**
   - In a large skillet over medium heat, brown the turkey with onion, garlic powder and Italian seasoning.

6. **COMBINE FILLING**
   - Drain and rinse carrots, then chop them. In a large bowl, stir together meat mixture, carrots, tomatoes, and cooked rice.

7. **FILL THE PEPPERS**
   - Spoon the ground turkey mixture into the steamed peppers. Place stuffed peppers cut-side up in the baking dish.

8. **TOP PEPPERS**
   - Pour pasta sauce over peppers and top with cheese (if using). Bake for 20 minutes.

---

**NUTRITION INFORMATION**

- Calories: 420
- Total Carbohydrate: 50g
- Dietary Fiber: 10g
- Total Fat: 14g
- Protein: 25g
- Sodium: 430mg

---

**LOWCOUNTRY FOOD BANK**

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP.
This Institution is an equal opportunity provider.