

# STUFFED PEPPERS



**INGREDIENTS** Serves: 4 | Serving Size: 1 pepper

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**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



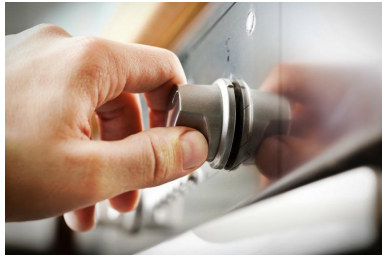
# INSTRUCTIONS

## 1. COOK RICE



Cook rice according to package instructions.

## 2. PREHEAT OVEN



Preheat oven to 350°F.

## 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

Protein: 25g

Total Fat: 14g

Dietary Fiber: 10g

Sodium: 430mg

LOWCOUNTRY FOOD BANK



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