



STUFFED PEPPERS

MATERIALS:

Cutting board
Sauce pan
Large skillet
Baking sheet
Measuring spoons
Measuring cups
Bowl
Sharp knife

INGREDIENTS:

½ pound ground turkey
½ cup brown rice
1 cup water
3 bell peppers
1 (8oz.) can tomato sauce
½ tsp garlic powder
½ tsp onion powder
Salt and pepper to taste
1 teaspoon Italian seasoning (thyme, basil, oregano)
¼ cup mozzarella cheese (optional)

Serves: 3, 1 pepper per serving

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DIRECTIONS:

1. Preheat oven to 350 degrees F
2. Cook rice according to package directions.
3. In a skillet over medium heat, cook the turkey until evenly browned.
4. Remove and discard the tops, seeds, and white membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
5. In a bowl, mix the browned turkey, cooked rice, 1/2 can tomato sauce, garlic powder, onion powder, salt, and pepper. Spoon in an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
6. Bake 35-45 minutes or until the mixture is heated thoroughly (160F) and the peppers are slightly soft.
7. If adding cheese, top each pepper evenly and bake for 5 more minutes.

Notes:

- Dice the tops of the peppers and add them to the ground turkey mixture.
- Dice carrots and onions and sauté with the turkey in step 3. You can also add beans to the turkey mixture to stretch the filling.
- Use any color peppers you like!