

Stuffed Green Peppers (FDD)

Rating: ★★★★★

Makes: 4 Servings

This recipe is an easy way to add more vegetables to your plate! This main dish uses basic ingredients and features vegetables, protein, and grain ingredients.

Ingredients

- 1 **1/2 cups** low-sodium tomato sauce
- 4 large green peppers
- 1 **pound** turkey (or ground beef)
- 1 **cup** rice (uncooked)
- 1/2 **cup** onion (peeled and chopped)
- black pepper to taste

Directions

1. Preheat oven to 350 degrees F. Bring a pot of water to boil.
2. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
3. Cook green peppers in boiling water for five minutes. Drain well.
4. In a medium-size skillet, cook turkey until browned. Add rice, onion, 1/2 cup tomato sauce, and black pepper.
5. Stuff each pepper with the mixture and place in a 9x9-inch baking dish.
6. Pour the remaining tomato sauce over the green peppers.
7. Cover and bake for 30 minutes.

Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	390	
Total Fat	10 g	
Protein	26 g	
Carbohydrates	50 g	
Dietary Fiber	4 g	
Saturated Fat	3 g	
Sodium	190 mg	