

Stuffed Bell Peppers

Ingredients:

- 1 pound ground turkey
- 1/2 onion
- 15 ounces low sodium tomato sauce
- 1/4 cup water
- 1/8 teaspoon pepper
- 1/2 cup instant rice, uncooked
- 6 medium green peppers

Equipment:

- Cutting board
- Knife
- Baking pan
- Measuring cups
- Measuring spoons
- Can opener
- Non stick skillet with cover
- Aluminum foil

Number of Servings: 6

Prep Time: 15 minutes

Total Time: 1 hour

Directions

1. Cut green peppers in half and remove tops and seeds. Set aside.
2. Cut ends off of onion and peel off brown layers. Chop into small pieces.
3. Crumble ground turkey into non stick skillet, add onion.
4. Cook together for 8-10 minutes or until meat is browned, drain liquid from skillet
5. Open canned tomatoes and drain liquid into skillet along with 1/2 of the tomatoes.
6. Add, corn, water, salt and pepper. Bring to a boil.
7. When boiling, stir in rice, cover and simmer on low for 5 minutes. Remove from heat and let stand for 5 minutes.
8. Spoon mixture into green pepper halves, and place in a shallow baking dish. Add 1/4 cup water to dish to keep peppers from burning.
9. Spoon remaining tomatoes over peppers, cover with aluminum foil and bake at 350°F for 45 minutes. Let stand for 5 minutes before serving.

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Nutrition Facts

Serving Size: 1 pepper	
Servings: 6	
Amount Per Serving	
Calories 219	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	12%
Cholesterol 62mg	21%
Sodium 89mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Protein 16g	32%
Vitamin A 27%	Vitamin C 192%
Iron 12%	Calcium 3%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Healthy version of a family favorite, loaded with Vitamin C and A, and fiber too.

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