

Stuffed Bell Peppers



Ingredients:

- 4 large bell peppers
- 1 pound lean ground turkey
- 2 tablespoons onion, chopped
- 1 cup brown rice, cooked
- 1 teaspoon salt
- 1 clove garlic, minced
- 1 - 15 ounce can tomato sauce, divided
- 3/4 cup mozzarella cheese, shredded

Directions:

1. Remove the top of each pepper. Remove seeds and membranes.
2. Bring a large pot of water to boil. Add peppers.
3. Cook 2 minutes and drain.
4. Preheat oven to 350 F.
5. In a skillet, cook onion and ground turkey over medium heat until meat reaches an internal temperature of 165 F, about 10 minutes.
6. Stir in rice, 8 ounces tomato sauce, and seasonings. Cook until hot.
7. Fill peppers with turkey mixture. Stand upright in an 8x8 square pan.
8. Pour remaining sauce over filled peppers.
9. Cover with foil and bake 10 minutes.
10. Uncover and bake until peppers are tender, about 15 minutes. Top with cheese.

Makes 4 servings.



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