

Stuffed Bell Peppers

This is a great and filling meal from the Dinner Tonight program. You can find this recipe and many others at <http://dinnertontight.tamu.edu>

- 1/2 cup onion diced
- 1 lb extra lean ground turkey
- 1 cup white rice
- 1 (14.5 ounce) can low sodium diced tomatoes un-drained
- 1 (15.5 ounce) can low sodium tomato sauce
- 1/2 tsp salt
- 1/2 tsp Worcestershire sauce
- 2-3 large bell peppers

Nutrition Facts	
Serving Size 1 pepper half	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 15
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 440mg	18%
Total Carbohydrate 60g	20%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 35g	70%

*Percent Daily Values are based on a 2,000 calorie diet.

1. Place ground turkey in the refrigerator for 4-6 hours prior to cooking in order to defrost.
2. Cut bell peppers in half, core, and remove all seeds
3. Rinse them off and place in open end up in a baking dish
4. Peel and dice 1/2 cup of onion and set aside
5. Cook 1 cup of white rice according to box directions and set aside
6. Brown ground turkey over high heat until cooked well done (no pink showing) and drain any grease off of the meat
7. Reduce the heat to medium and add Worcestershire sauce, salt, diced tomatoes, diced onion, and half of the tomato sauce
8. Let the mixture simmer for about 5 minutes, then add cooked rice
9. Remove from heat and stir well
10. Spoon the mixture into each of the bell pepper halves
11. After all of the mixture is placed in each bell pepper, top each bell pepper with the remaining tomato sauce
12. Bake at 300 for 20-30 minutes or until bell pepper are tender

Need a conversation starter for your meal? Try this:
Can you tell me one thing that you learned today that you think I might not know?

