

## Stuffed Green Peppers

Total Servings: 4 stuffed peppers

Time: 50 minutes

### Ingredient

- 4 green bell peppers
- 1 pound ground turkey (90% lean)
- 1 cup brown rice (uncooked)
- ½ cup onion (chopped)
- 1 ½ cup tomato sauce (lower sodium)
- Pinch of black pepper

### Directions:

1. Cut around the stem of the green peppers. Remove the seeds and the
2. Wash the green peppers
3. Cook peppers in boiling water for about 5 minutes. Drain well.
4. In a saucepan, brown turkey.
5. Add rice, onion, ½ cup tomato sauce and black pepper.
6. Stuff each pepper with the mixture and place in a casserole dish.
7. Pour the remaining tomato sauce over the peppers.
8. Cover and bake the peppers at 350 degrees Fahrenheit for about 30 minutes.

