

Stuffed Bell Peppers

The stuffing ingredients are cooked in one large skillet for easy cleanup!

1/2 pound	ground turkey breast
1 cup	finely chopped onions
4 large	green or red bell peppers
1 tablespoon	Worcestershire sauce
3 cloves	fresh garlic, crushed
1 1/2 teaspoons	dried oregano leaves
1 teaspoon	salt
1 teaspoon	black pepper
2 dashes	Tabasco sauce, or to taste
2 cups	frozen corn kernels
1 can (15 ounce)	tomato sauce
1 can (14.5 ounce)	diced tomatoes
1 cup	water
1 cup	brown rice, uncooked
	non- stick cooking spray
2 cups	low fat shredded cheddar cheese

Heat oven to 350 degrees F. Bring 3 quarts water to a boil in a 4-quart stock pot to blanch peppers. Brown ground beef and chopped onion in a large skillet over Medium-High heat 7 to 10 minutes, stir occasionally. Cut a thin slice from stem end of each bell pepper. Remove seeds and membranes. Dice pepper slices and add to beef in skillet. Cook peppers in boiling water 3 to 5 minutes. Remove, rinse under cold water, invert and drain. Season beef with Worcestershire, oregano, garlic, salt, pepper and Tabasco. Stir in corn, tomato sauce, undrained tomatoes, water and rice. Bring to a boil. Reduce heat to Medium; cover and simmer 25 minutes until rice is tender. Prepare an X-inch square baking dish with cooking spray. Place peppers upright in dish. Fill with beef mixture. Pour any remaining beef mixture over and around peppers. Top with cheese. Bake 20 minutes until cheese melts and casserole bubbles.

Servings: 8

Yield: 1/2 stuffed bell pepper

Preparation time: 20 minutes

Cooking time: 45 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

non- stick cooking spray

Amount Per Serving	
Calories	263.59
Calories From Fat (13%)	34.04
% Daily Value	
Total Fat 3.94g	6%
Saturated Fat 1.50g	8%
Cholesterol 18.12mg	6%
Sodium 1182.49mg	49%
Potassium 707.24mg	20%
Carbohydrates 45.40g	15%
Dietary Fiber 5.93g	24%
Sugar 8.62g	
Sugar Alcohols 0.00g	
Net Carbohydrates 39.48g	
Protein 16.79g	34%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 pound ground turkey breast	0.50 x 1 lb of Turkey breast meat
1 cup finely chopped onions	1 x 1 cup, chopped of Onions, raw
4 large green or red bell peppers	4 x 1 cup, chopped of Peppers, sweet, green, raw
1 tablespoon Worcestershire sauce	1 x 1 tablespoon of Sauce, Worcestershire
3 cloves fresh garlic, crushed	3 x 1 clove of Garlic, raw
1 1/2 teaspoons dried oregano leaves	1.50 x 1 teaspoon of Spices, oregano, ground
1 teaspoon salt	1 x 1 teaspoon of Salt, table

1 teaspoon black pepper	1 x 1 teaspoon of Spices, pepper, black
2 dashes Tabasco sauce, or to taste	2 x 1 dash of Sauce, ready-to-serve, pepper, TABASCO
2 cups frozen corn kernels	4 x 1/2 cup kernels of Corn, sweet, white, frozen, kernels on cob, unprepared
1 can (15 ounce) tomato sauce	1 x 1 can (15 oz) of Tomato products, canned, sauce
1 can (14.5 ounce) diced tomatoes	1 x 1 can (14.5 oz) of Tomatoes, red, ripe, canned, stewed
1 cup water	1 x 1 cup (8 fl oz) of Water, municipal
1 cup brown rice, uncooked	1 x 1 cup of Rice, brown short grain, raw
non- stick cooking spray	Not linked
2 cups low fat shredded cheddar cheese	2 x 1 cup, shredded of Cheese, low fat, cheddar or colby

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