



Stuffed Peppers

Ingredients:

- 4 bell peppers, tops cut off and seeds scooped out
- 1 lb ground turkey, browned
- 1 cup cooked brown rice
- 1 cup frozen peas, defrosted
- 1 can tomato sauce

Directions:

1. Preheat oven to 350 F
2. In a large pot place peppers and cover with water; Bring to a boil and cook for 2 minutes; Drain
3. In a large bowl, combine browned turkey, rice, peas, and tomato sauce
4. Stuff each pepper with mixture; Cover with foil and bake for 10 minutes; Uncover and bake for another 20 minutes
5. Enjoy!

Cookware needed:

- Large pot
- Large bowl

Cost: \$ \$

Ease:



Health Benefit: This meal features peppers as the main ingredient which are filled with so many antioxidants, vitamins, and minerals. this dish is packed with other nutrient-dense vegetables like peas and tomatoes. Tomato sauce specifically contain lycopene, a powerful antioxidant. Peas are high in fiber which supports bowel health. Turkey is a great source of complete, lean protein and rice provides energy in the form of complex carbohydrates.