



GROUND TURKEY STUFFED BELL PEPPERS



INGREDIENTS

ITEM	QUANTITY
• Red Bell Peppers, Halved and Seeded	2
• Lean Ground Turkey	8 oz
• Cooked Jasmine Rice	½ cup
• Tomato Paste	1 tbsp
• Italian Seasoning	1 tsp
• Salt and Pepper	

SERVING SIZE 2



PREPARATION

- ✔ Preheat oven to 375°F.
- ✔ Place pepper halves in a baking dish.
- ✔ Brown turkey in a skillet over medium heat.
- ✔ Stir in rice, tomato paste, Italian seasoning, salt, and pepper.
- ✔ Spoon mixture into pepper halves.
- ✔ Cover loosely with foil and bake for 25-30 minutes until peppers are tender.