Dinner Tonight!

Stuffed Bell Peppers

1/2 cup onion diced
1 pound ground turkey
1 cup white rice
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
3/4 teaspoon salt
1/2 teaspoon Worcestershire Sauce
2-3 large bell peppers

Place ground turkey in the refrigerator for 4-6 hours prior to cooking in order to defrost. Cut bell peppers in half, core, and remove all seeds. Rinse them off and place open end up in a baking dish. Peel and dice 1/2 cup of onion and set aside.

Cook 1 cup of white rice according to box directions and set aside. Brown ground turkey over high heat until cooked well done (no pink showing) and drain any grease off of the meat. Reduce the heat to medium and add Worcestershire sauce, salt, diced tomatoes, diced onion, and half of the tomato sauce. Let the mixture simmer for about 5 minutes, then add cooked rice. Remove from heat and stir well.

Spoon the mixture into each of the bell pepper halves. After all of the mixture is placed in each bell pepper, top each bell pepper with the remaining tomato sauce. Bake at 300 for 20-30 minutes or until bell peppers are tender.

Preparation Time: 30 minutes
Cook Time: 30 minutes
Serves: 4
Cost per Serving: $1.75

Nutrition facts per serving:
Calories: 367 g
Total Fat: 10.2 g
Cholesterol: 90 mg
Sodium: 1324 mg
Sugar: 12 g
Total Carbohydrates: 58 g
Protein: 27 g
Dietary Fiber: 7 g