

Peppers



Nutrition: Bell peppers are an excellent source of Vitamin A and Vitamin C.

Storage: Refrigerate in a sealed plastic or open bag in the vegetable drawer.

In Season: July - October



Stuffed Peppers

Makes 4 servings

Ingredients:

1. 4 bell peppers, washed
2. 1 pound ground turkey, chicken or beef (could substitute with canned beans)
3. 1 cup rice, uncooked
4. 1 ½ cups tomato sauce
5. 1 teaspoon garlic, Italian seasoning, salt and pepper
6. ½ cup of shredded cheese (optional)
7. ½ cup onion chopped

Directions:

1. Preheat oven to 350 degrees.
2. Cut the peppers to form a cup, cut out the stem, seeds and pulpy parts.
3. In a saucepan, brown meat, until no longer pink.
4. Add rice, onion, ½ cup of tomato sauce and cheese.
5. Stuff each pepper with the mixture, place in a casserole dish and top with left over tomato sauce.
6. Bake until peppers are soft.