

Stuffed Green Pepper

Ingredients:

- 4 large washed green peppers
- 1 pound turkey, ground
- 1 c. rice, uncooked
- ½ c. peeled and chopped onion
- 1½ c. tomato sauce, no added salt
- Black pepper to taste

Featured in: H1326
"From Garden to Table: All in the
Family! Potatoes, Tomatoes, Peppers
and Eggplant"
www.ag.ndsu.edu/pubs

Directions:

- Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers. Wash and then cook green peppers in boiling water for five minutes. Drain well. In saucepan, brown turkey. Add rice, onion, ½ cup tomato sauce and black pepper. Stuff each pepper with the mixture and place in casserole dish. Pour the remaining tomato sauce over the green peppers. Cover and bake for 30 minutes at 350 degrees.

Makes four servings. Per serving: 410 calories, 10 grams (g) fat, 53 g carbohydrate and 125 mg sodium.

NDSU EXTENSION
SERVICE