Capital Area UNITED WAY | 1925-2025 | UNITED WE FEED | ASSOCIATED GROCERS | AGives!

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UNITED WE FEED

A Healthy Community Collaborative

Prep Time: ~20 min
Cooking Time: 50 min
Total Time: 1 hr 10 min
Kcal Per Serving: 290 kcal
Servings: 6-8

Stuffed Bell Peppers

Ingredient List:

1 lb	Lean Ground Beef or Turkey
¼ cup	Chopped Onion
1	Taco Seasoning
1	Can Black Beans, drained
1	Egg, beaten
2 cups	Cooked Rice
1	Canned Diced Tomatoes, or 3-4 Fresh Tomatoes, diced
1	Jar of Salsa
4-6	Bell Peppers (any color)
½ cup	Shredded Cheese (cheddar, pepper jack)

- Preheat oven to 350˚F.
- Combine meat, onion, seasoning mix, beans and egg in a large bowl.
- Add rice and mix well.
- Spread tomatoes in bottom of a 12x9 inch baking dish (add extra water if you'd like more sauce).
- Cut peppers in half, discard seeds.
- Place peppers, cut side up on tomatoes.
- Spoon rice mixture into peppers.
- Top each pepper with salsa and bake in oven for 40-50 minutes until meat is cooked through and peppers are soft.
- Remove from oven, top with cheese and broil until bubbly (less than a minute).
- Serve with extra salsa.

Nutrition Information: (Per Serving)

194 kcal	Calories
6.4 g	Fat
587 mg	Sodium
20.3 g	Carbohydrate
6.8 g	Fiber
14.6 g	Protein
156 mg	Calcium
4.1 mg	Iron

Tips for this recipe:

- Use lean turkey for lower fat and fewer calories.
- Swap rice for cauliflower rice to cut carbs.
- Add corn or zucchini to boost veggie content.
- For extra spice, use pepper jack cheese or add jalapeños.
- Leftovers reheat well in the oven or microwave.