

# Stuffed Green Peppers

November 2025 Recipe

Makes: 4 servings



## Ingredients

- 4 large green bell peppers (washed)
- 1 lb. 85% lean ground turkey
- 1 cup rice (uncooked)
- ½ cup onion (peeled and chopped)
- 1 ½ cups unsalted tomato sauce
- Black pepper (to taste)

### Nutritional information for 1 serving

Calories	452
Total fat	15 g
Saturated fat	4 g
Cholesterol	84 mg
Sodium	99 mg
Carbohydrate	53 g
Dietary fiber	5 g
Total sugars	9 g
Added sugars included	6 g
Protein	25 g

## Directions

1. Cut around the stem of the green bell peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook the peppers in boiling water for 5 minutes. Drain well.
3. In a saucepan, brown the turkey. Add the rice, onion, ½ cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in a casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 F.