

# Stuffed Bell Peppers

## Ingredients

1 cup uncooked white or brown rice  
 5 large bell peppers, any color  
 3 small tomatoes, chopped  
 ¾ cup carrot, peeled and finely chopped  
 ¾ cup onion, finely chopped  
 1 can low sodium corn (not cream style)  
 1 can low sodium black beans  
 1 teaspoon canola oil  
 ½ pound lean ground turkey  
 ¾ teaspoon black pepper  
 1 teaspoon garlic powder  
 1 ½ teaspoon salt  
 ½ teaspoon cayenne pepper (optional)  
 ¼ cup fresh parsley, chopped or 3 tablespoons dried



## Preparation

1. Preheat oven to 350 degrees F.
2. Cook rice according to package directions and set aside.
3. Rinse bell peppers, tomatoes, and peel the carrot.
4. Cut the top quarter of the peppers horizontally. Clean and spoon out the center of the bell peppers.
5. Place bell peppers cut side up on a baking pan that has been sprayed with cooking spray. Bake for 15 minutes.
6. Drain and rinse the canned corn and black beans. Place in a medium sized mixing bowl.
7. Chop tomatoes and add to the canned corn and black beans.
8. Finely chop onions and carrot and set aside.
9. Preheat a medium skillet with canola oil on medium heat. Sauté the carrots, then add the onions and ground turkey until the ground turkey loses its pink color and carrots and onions have softened. Add the cayenne pepper (if using), black pepper, salt, and garlic powder and mix well.
10. Add the turkey mixture, cooked rice and fresh parsley to the mixing bowl with the tomatoes, corn and black beans and mix well.
11. Mound the filling mixture into each half bell pepper.
12. Cover with aluminum foil and bake until the bell peppers are tender and the filling is heated through about 15-20 minutes.

## Nutrition Facts

Serving Size: 1/2 bell pepper (0.0g)  
 Servings Per Container: 10

### Amount Per Serving

**Calories** 220

Calories from Fat 35

Calories from Saturated Fat 5

### % Daily Value\*

**Total Fat** 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 440mg **18%**

**Potassium** 590mg **17%**

**Total Carbohydrate** 39g **13%**

Dietary Fiber 7g **28%**

Sugars 8g

**Protein** 11g **22%**

Vitamin A 90% • Vitamin C 190%

Calcium 4% • Iron 10%

Vitamin E 10% • Vitamin K 20%

Thiamin 15% • Riboflavin 10%

Niacin 20% • Vitamin B6 25%

Folate 25% • Pantothenic Acid 15%

Phosphorus 20% • Magnesium 20%

Zinc 10% • Selenium 15%

Copper 10% • Manganese 50%