



Taco Stuffed Peppers

Submitted By: Wildtree from Warwick, RI

Number of Servings: 4

Ingredients:

½ cup brown rice, prepared according to package directions

1 pound ground turkey

2 ½ tablespoons Wildtree Taco Seasoning

¾ cup water

1 cup corn

1 (15.5 ounce) can black beans, drained and rinsed

½ cup canned diced tomato, undrained

1 teaspoon lime zest

4 bell peppers, cut in half, seeds and ribs removed

1 cup shredded cheese

Method of Preparation:

Preheat oven to 350°F. Heat a large nonstick skillet over medium high heat. Add the ground turkey and cook until cooked through. Add the Taco Seasoning and water; stir thoroughly. Bring mixture to a boil, reduce heat to low and simmer for 5 minutes. Remove from heat. Add the cooked rice, corn, black beans, diced tomato, and lime zest; stir to combine. Arrange the pepper halves in a baking sheet cut side up. Fill each pepper with the turkey mixture. Fill the bottom of the pan with water. Cover the baking sheet with aluminum foil and bake for 40-50 minutes or until peppers are knife tender. Remove foil from pan, top each pepper with cheese, and return to oven for 5-8 minutes or until cheese is

melted and started to brown. Serve hot.

Nutritional Information:

Calories: 510

Fat: 13g

Saturated Fat: 6g

Carbohydrates: 54g

Fiber: 11g

Protein: 45g

Cholesterol: 75mg

Sodium: 890mg