

Unstuffed Peppers

Total Time: 30 minutes

Directions

1. Heat large skillet over medium-high heat.
2. Add turkey, onion, bell pepper, garlic, and salt.
3. Cook 7 minutes or until turkey is not longer pink and vegetables are tender, stirring occasionally.
4. Add tomato sauce, tomato paste, rice, and water.
5. Stir to combine.
6. Bring to a boil.
7. Reduce heat, cover, and simmer for 10 minutes or until rice is tender.
8. Remove from heat and stir.
9. Sprinkle with cheese and let stand for 2 minutes or until cheese melts.

Ingredients

- 1 lbs. ground turkey
- ½ cup yellow onion, diced
- 2 cups green bell pepper, chopped
- 1 teaspoon minced garlic
- 1 teaspoon salt
- 2 cans (8 oz each) tomato sauce with basil, garlic, and oregano
- 2 tablespoons reduced sodium tomato paste
- 1.5 cups instant brown rice
- ¾ cup water
- ½ cup cheddar cheese