

## STUFFED PEPPERS

### Ingredients

- 4 to 6 large colored peppers
- 1 lb ground turkey or lean beef
- 2 cups cooked brown rice
- 1 6oz. can tomato paste
- 2 tablespoons Italian seasoning
- 1 teaspoon salt
- 1 8oz. can tomato sauce



1. Brown the ground meat in a large pan over medium heat. Once browned add Italian seasoning and salt then stir. Make a small space in the center of the pan by moving the meat to the sides then scoop out about 2/3 of the can of tomato paste and put it in the center of the pan. Using the mostly empty tomato paste can, fill it with water then add that to the paste you put in the pan and stir until you are able to work it into the meat. You want it to remain thick not watery.
2. Once combined, simmer the meat for 2 to 3 minutes then taste it. It may need a bit more salt. You can also add a teaspoon of dried peppers for a little spice.
3. Remove from heat and add the rice. Usually, we use the frozen brown rice from Trader Joes - its just so easy, one package is perfect. At this point you may again need to add a bit more salt because adding the rice will dilute the flavor a bit.
4. Depending on the shape of the pepper, you can either cut the tops off (this works well if the bottom looks like a 4-leaf clover as it will stand up easily) or slice them lengthwise. Place your peppers in a glass baking dish then stuff them with equal amounts of the meat mixture. Then pour a small amount of plain tomato sauce on top of each pepper and place them in a preheated 350 degree oven for 30 minutes.

