

BELL PEPPERS



HOW TO USE

Chop bell peppers into small pieces and mix them into a tuna salad; Add sliced bell pepper to a sandwich or wrap for some extra crunch; Bell peppers are great for dipping!

STORAGE

Keep it in the refrigerator for up to 5 days.

HELPS SUPPORT

Immune system, digestion, and vision.

STUFFED BELL PEPPERS

Serves: 5

Preparation Time: 45 minutes

INGREDIENTS

- 5 bell peppers (red, orange, yellow, or green)
- 1 pound lean ground meat, or 16-oz can black or pinto beans
- 3/4 cup brown rice
- 1/2 can diced tomatoes, low-sodium
- 3 tablespoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon pepper



INSTRUCTIONS

1. Cut a circular hole in the tops of the bell peppers. Take out the seeds and center membrane.
2. In a large bowl, combine the remaining ingredients and stir them until they are completely mixed. Fill the bell peppers with the meat or bean mixture.
3. Place the stuffed bell peppers in a large stock pot on the stove, with the tops facing up. Add 1-inch of water to the bottom of the pot, and cover the pot.
4. Cook the bell peppers on medium heat for 30-40 minutes, or until the rice is cooked.

Adapted from the ONIE Project -- Oklahoma Nutrition Information and Education via What's Cooking? USDA Mixing Bowl