



Hearty Bell Pepper and Turkey Skillet

Prep: 15 minutes | Cook: 40 minutes | Total: 55 minutes

Yield: 5 servings | Serving Size: ~1½ cups

Ingredients

- 1 tablespoon oil
- 1 clove garlic, minced (about ½ teaspoon)
- 1 medium onion, diced
- 1 pound ground turkey
- 4 medium bell peppers, diced
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 cup 10-minute brown rice, uncooked
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1¾ cups (14 ounces) low-sodium beef broth
- 1 (8-ounce) can low-sodium tomato sauce
- 1 teaspoon Worcestershire sauce

Directions

1. Heat a large heavy skillet or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and sauté until soft and transparent, about 5-7 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the ground turkey and bell pepper. Continue to sauté until the bell peppers are soft and the turkey is fully cooked, about 6-8 minutes.
6. Add the diced tomatoes and their juice, rice, basil, oregano, broth, tomato sauce, and Worcestershire sauce. Stir to combine.
7. Place the lid on the skillet. Increase the heat to high and bring to a boil, then reduce the heat to a simmer.
8. Cook until the rice is tender and most of the liquid has been absorbed, about for 10-15 minutes. Add additional broth or water if needed to cook the rice.
9. Serve warm.

Recipe Notes

- Try substituting another quick-cooking grain product (e.g. quinoa, millet, whole-wheat orzo, bulgur) for the rice.

**Nutrition Facts Per Serving: Calories: 415 | Total Fat: 14 g | Saturated Fat: 2 g
Sodium: 525 mg | Total Carbohydrate: 42 g | Dietary Fiber: 4 g | Protein: 30.5 g**

Inspired by a recipe submitted by Jessica Long MS, RDN, CD
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