

Un-Stuffed Pepper Skillet

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 pound 93% lean ground turkey or chicken
½ cup uncooked brown rice
1 (15-ounce) can no-salt-added diced tomatoes
1 (8-ounce) can tomato sauce
1 cup reduced-sodium beef broth
1 yellow or orange bell pepper, diced (about 1 cup)
1 red bell pepper, diced (about 1 cup)
1 small onion, diced (about 1 cup)
1 tablespoon brown sugar
1 teaspoon dried Italian seasoning blend or dried basil
½ teaspoon ground black pepper
Dash of cayenne pepper (optional)
¾ cup shredded Italian or cheddar cheese

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the ground turkey or chicken. Cook until no longer pink, about 6-8 minutes, breaking it up as it cooks.
3. Add the uncooked rice. Cook, stirring often, for about 2 minutes.
4. Add the diced tomatoes with their juice, tomato sauce, broth, bell peppers, and onion.
5. Add the brown sugar, Italian seasoning or basil, black pepper, and cayenne pepper (if using). Stir to combine.
6. Bring to a simmer, then reduce the heat to medium-low.
7. Cover the pan with a lid and cook for the amount of time listed on the rice package. This is usually 20 or 40 minutes, but it will vary depending on the type of rice. Stir every 10 minutes while the rice cooks.
8. When the rice is tender, turn off the heat and sprinkle the cheese over the top.
9. Cover the pan with the lid and let sit until the cheese melts, about 5 minutes.
10. Serve warm.

Recipe Notes

- Any color bell pepper will work for this recipe.
- For more heat, try substituting a poblano or Anaheim pepper for one or more of the bell peppers.

Nutrition Facts Per Serving: Calories: 370 | Total Fat: 11 g | Saturated Fat: 3.5 g
Sodium: 640 mg | Total Carbohydrate: 29 g | Dietary Fiber: 3 g | Protein: 30 g

Adapted from TheWholesomeDish.com | Submitted by Robin LaCroix, RD, CSO
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs