

Stuffed Peppers

Makes 6 servings · 1 pepper each

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 20 g · Fiber 6 g · Calories 280	

Ingredients

- 6 bell peppers, tops cut off and seeded
- 1 lb ground turkey (or 2 cups cooked beans for a meatless option)
- 1 Tbsp olive oil
- 1 cup cooked brown rice or quinoa
- 1½ cups Sun-Dried Marinara or tomato sauce with five or fewer ingredients
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp sea salt
- ½ cup shredded mozzarella or cheddar cheese

Directions

1. Preheat the oven to 375°F. Arrange the peppers upright in a baking dish.
2. Heat the olive oil in a skillet over medium; cook the onion and garlic until soft, then add the turkey and brown, breaking it up.
3. Stir in the rice, tomato sauce, oregano, and salt; simmer 5 minutes.
4. Spoon the filling into the peppers and top with cheese. Cover with foil and bake 30 minutes, then uncover and bake 10–15 minutes more, until the peppers are tender.

Note: For a meatless version, swap the turkey for 2 cups cooked beans — the rating stays High.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 6 bell peppers, tops cut off
- ☐ 1 small onion
- ☐ 2 cloves garlic

MEAT & POULTRY

- ☐ 1 lb ground turkey

DAIRY & EGGS

- ☐ ½ cup mozzarella or cheddar cheese

PANTRY & DRY GOODS

- ☐ 1 cup cooked brown rice or quinoa
- ☐ 1½ cups Sun-Dried Marinara or tomato sauce with five or fewer ingredients

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Oregano
- ☐ Salt