

Healthy Stuffed Peppers

Serves 4

INGREDIENTS

- 4 bell peppers (any color)
- 4 tbsp olive oil
- 2 cloves of finely chopped garlic
- 1 white onion, chopped
- 8 oz ground turkey
- 1 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 2 tbsp tomato paste
- 1 cup low-sodium chicken broth
- 1/2 cup whole grain brown rice
- 1/3 cup black beans
- 1/4 tsp parsley, fresh, chopped
- Salt and black pepper to taste

RECIPE

1. Wash hands and make sure all equipment is clean. Preheat the oven to 400 degrees.
2. Wash all produce, cut the tops off each pepper and save them.
3. Hollow out the insides of the peppers of any seeds and seed walls.
4. Chop garlic, onions and fresh parsley.
5. Heat 1 tsp of oil in a skillet pan over medium heat. Add garlic and onions and cook until soft.
6. Then add turkey, oregano, cinnamon and cumin and mix.
7. Cook turkey until no longer pink and break up meat with spoon.
8. Stir in 1 tbsp of tomato paste.
9. Stir in the broth, rice and lentils and season with salt and pepper to taste.
10. Set the peppers upright in a small baking dish. Divide the filling among the peppers and place the tops back on.
11. Whisk 1 1/2 cups water with the remaining tablespoon of tomato paste and olive oil. Pour into the dish around the peppers.
12. Cover baking dish tightly with foil and bake until the peppers are tender and the rice and lentils are cooked through, about 1 hour 15 minutes.
13. Garnish with fresh parsley, serve and enjoy!

BELL PEPPERS FUN FACTS

- Bell peppers are a good source of Vitamin A.
- Peppers are actually fruits because they are produced from a flowering plant and contain seeds.
- Bell peppers come in various colors, such as red, yellow, orange, and green — which are unripe. Green, unripe peppers have a slightly bitter flavor and are not as sweet as fully ripe ones.



Stepping Stones Museum for Children