



Un-Stuffed Pepper Skillet

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 1 pound (16 ounces) lean ground turkey or chicken (90% lean or higher)
- ½ cup uncooked quick-cooking brown rice
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 cup (8 ounces) low-sodium beef broth
- 1 medium yellow or orange bell pepper, diced (about 1 cup)
- 1 medium red bell pepper, diced (about 1 cup)
- 1 medium onion, diced (about 1 cup)
- 1 tablespoon brown sugar
- 1 teaspoon dried Italian seasoning blend
- ½ teaspoon ground black pepper
- Dash cayenne (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 rice and cook, stirring often, for about 2 minutes.
4. Add the diced tomatoes with their juice, tomato sauce, broth, bell peppers, onion, brown sugar, Italian seasoning, black pepper, and cayenne (if using). Stir to combine.
5. Bring to a boil, then reduce the heat to maintain a simmer.
6. Cover the pan with a lid and cook for the amount of time listed on the rice package. Stir every 5-10 minutes while the rice cooks.
7. When the rice is tender, turn off the heat and sprinkle the cheese over the top.
8. Cover the pan with the lid and let sit until the cheese melts, about 5 minutes.
9. Serve warm.

Recipe Notes

- For a Tex-Mex flavor, try substituting salsa for the tomato sauce and taco seasoning for the Italian seasoning.

**Nutrition Facts Per Serving: Calories: 420 | Total Fat: 18 g | Saturated Fat: 7 g
Sodium: 260 mg | Total Carbohydrate: 33 g | Dietary Fiber: 6 g | Protein: 32 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs