

## Stuffed Pepper One Pot Meal



Servings:

**6 servings**

Prep Time:

**10 minutes**

Cook Time:

**25-30 minutes**

### Ingredients

- 1 lb **Ground Turkey**
- ½ cup **Onion**, diced
- 3 tsp **Minced Garlic**
- 2 cups **Bell Pepper**, diced
- ¼ tsp **Salt**
- ¼ tsp **Black Pepper**
- 14.5 oz **Diced Tomatoes with Juice**
- 2 cups **Chicken Broth**
- 8 oz **Tomato Sauce**
- 1 tsp **Italian Seasoning**
- 1 cup **Texmati Rice**
- ½ cup **Shredded Cheddar Cheese**

### Method of Preparation

#### Step 1

Saute diced onions over medium-high heat in olive oil. Add garlic and continue to cook.

#### Step 2

Add ground turkey and cook until browned.

#### Step 3

Add diced peppers and stir. Cook for 4-5 minutes until they begin to soften.

#### Step 4

Reduce heat to medium, add chicken broth, tomatoes in juice, tomato sauce, Italian seasoning and salt/pepper. Mix well. Bring mixture to a boil.

#### Step 5

Stir in rice and return to a boil. Cover and reduce to a simmer. Cook for 20-25 minutes or until rice is tender.

If using brown rice, you will need to simmer for 40-45 minutes or until tender.

#### Step 6

Remove from heat and garnish with cheddar cheese.

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