

## Meal 7: Instant Pot Ground Turkey Stuffed Peppers

**Price per serving: \$3.24**

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Prep time: 15 minutes

Cook time: 30 minutes

Yields: 6 servings

### Ingredients:

- 2 cups brown rice cooked (can use microwave rice- Uncle Ben's, contains 2 cups)
- 6 bell peppers
- 1 lb lean ground turkey
- 3 tbsp taco seasoning
- 2 cups cheese (shredded mozzarella)

### Serving suggestions:

- Sour cream or Greek yogurt
- Fresh tomatoes or salsa
- Avocado slices
- Fresh green onions or cilantro
- Tortilla chips

### Instructions:

1. Cook rice according to package. Set aside to cool.
2. Cut tops off bell peppers so that you have a 1.5-2 inch hole at the tops.
3. Pull out the membranes and seeds from inside the peppers.
4. Using a toothpick, poke a few holes towards the bottom of the bell peppers.
5. In a large bowl, stir together the cooled rice, ground turkey, taco seasoning and 1 ¼ cups of cheese.
6. Spoon filling into the bell peppers.
7. In the base of a 6 qt Instant Pot, add 1 cup of water, then place the trivet on top. Arrange filled bell peppers on top of the trivet; sprinkle with cheese (you can probably only fit 4 peppers at a time).
8. Cook on high pressure for 12 minutes, or until cooked through.

# Nutrition Facts

Servings 6.0

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## Amount Per Serving

calories 324

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### % Daily Value \*

<b>Total Fat</b> 16 g	<b>24 %</b>
Saturated Fat 8 g	<b>38 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 85 mg	<b>28 %</b>
<b>Sodium</b> 541 mg	<b>23 %</b>
<b>Potassium</b> 152 mg	<b>4 %</b>
<b>Total</b>	
<b>Carbohydrate</b> 23 g	<b>8 %</b>
<b>Dietary Fiber</b> 4 g	<b>15 %</b>
<b>Sugars</b> 7 g	
<b>Protein</b> 22 g	<b>44 %</b>
Vitamin A	<b>109 %</b>
Vitamin C	<b>300 %</b>
Calcium	<b>22 %</b>
Iron	<b>10 %</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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