



## Taco-Seasoned Stuffed Peppers

Tacos don't need a shell. Stuff sweet bell peppers with taco-seasoned meat and beans for a colorful and tasty meal.

**AGES:** 3–5 years

**PREP TIME:** 45 minutes

**COOK TIME:** 1 hour 5 minutes

### CACFP CREDITING INFORMATION

*Crediting beans as a vegetable*

$\frac{3}{8}$  cup vegetable

1 oz eq meat/meat alternate

$\frac{1}{2}$  oz eq grains 

*Crediting beans as a meat alternate*

$\frac{1}{4}$  cup vegetable

1  $\frac{3}{4}$  oz eq meat/meat alternate

$\frac{1}{2}$  oz eq grains 

### SOURCE

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> <li>2 Preheat oven to 400 °F.</li> <li>3 Cut peppers into quarters.</li> </ol>
Bell peppers, large, red or orange, fresh* (gently wash bell peppers before cutting)	2 lb 10 oz	8 $\frac{1}{2}$	5 lb 4 oz	17	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, instant, uncooked	11 oz	3 $\frac{3}{8}$ cups	1 lb 6 oz	1 qt + 2 $\frac{1}{4}$ cups	<p><b>4</b> In a large pot, combine water and rice. Bring to a boil on medium-high heat. Once it begins to boil, reduce heat to low. Cover. Simmer for 12–15 minutes or until rice is tender and water is absorbed into the rice. Remove from the stove. Fluff with a fork. Allow rice to cool for 5 minutes.</p>
Water	25 fl oz	3 $\frac{3}{8}$ cups	50 fl oz	1 qt + 2 $\frac{1}{4}$ cups	
Turkey, 93% lean, ground, fresh or frozen, thawed	1 lb 14 oz		3 lb 12 oz		<p><b>5</b> In an extra-large skillet, brown turkey on medium-high heat, about 15–20 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Wash hands after touching uncooked ground turkey.</p>
Green chili enchilada sauce		3 cups + 2 Tbsp		1 qt + 2 $\frac{1}{4}$ cups	<p><b>6</b> Add cooked brown rice, green chili enchilada sauce, black beans, and taco seasoning. Cook for 10 minutes. Heat to 140 °F or higher for at least 15 seconds.</p>
Black beans, low-sodium, canned, rinsed, drained* (see notes)	4 lb 11 oz (about $\frac{2}{3}$ #10 can)	3 qt + $\frac{3}{4}$ cup	9 lb 6 oz (about 1 $\frac{1}{3}$ #10 can)	1 gal + 2 qt + 1 $\frac{1}{2}$ cups	
Taco seasoning, low-sodium		$\frac{1}{4}$ cup + 2 Tbsp		$\frac{1}{2}$ cup	
Pepper jack cheese, shredded	10 oz	2 $\frac{1}{2}$ cups	1 lb 4 oz	1 qt + 1 cup	<p><b>7</b> Remove from heat. Add cheese. Stir.</p>
					<p><b>8</b> Stuff each quarter pepper with <math>\frac{3}{4}</math> cup (6 oz) packed filling.</p>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		3 sprays		4 sprays	<p><b>9</b> Spray steam table pan with nonstick cooking spray. Place stuffed peppers in steam table pan. Bake in the oven for 20–25 minutes. Heat to an internal temperature of 140 °F or higher for at least 15 seconds.</p> <p><b>For 25 servings</b>, use 1 full steam table pan (12" x 20" x 2½") and 1 half steam table pan (10¾" x 12¾" x 2½").</p> <p><b>For 50 servings</b>, use 2 full steam table pans (12" x 20" x 2½").</p>
					<p><b>10</b> Serve 1 quarter stuffed pepper. Serve immediately, or keep warm at 140 °F or higher.</p>

\*See Marketing Guide



**NUTRITION INFORMATION**

1 quarter Taco-Seasoned Stuffed Pepper

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>182</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	30 mg
<b>Sodium</b>	<b>298 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	79 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

YIELD/VOLUME	
25 Servings	50 Servings
Weight: 11 lb 7 oz	Weight: 22 lb 14 oz
Yield: 25 stuffed pepper quarters	Yield: 50 stuffed pepper quarters

**\*MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Bell peppers, red or orange, fresh	3 lb 4½ oz	6 lb 9 oz
Black beans, dry	2 lb 13 oz	5 lb 10 oz

**NOTES**

- **Contains milk (pepper jack cheese).** Enchilada sauce can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame. Taco seasoning can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Can substitute black beans, dry.
- **Tips for Soaking Dry Beans:** 1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**Tips for Cooking Dry Beans:** Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

**Critical Control Point:** Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower.

