



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
Makes: 6 servings

Prep time: 25 minutes
Cook time: 35 minutes

the INGREDIENTS

2 bell peppers, large, red or orange, fresh
(gently wash bell peppers before cutting)

$\frac{3}{4}$ cup brown rice, instant, uncooked

$\frac{3}{4}$ cup water

7 oz turkey, 93% lean, ground, fresh or frozen,
thawed

$\frac{3}{4}$ cup green chili enchilada sauce

3 cups black beans, low-sodium, canned, rinsed,
drained

1 Tbsp taco seasoning, low-sodium

$\frac{3}{4}$ cup pepper jack cheese, shredded

Nonstick cooking spray

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Cut peppers into quarters.
4. In a small microwave-safe bowl, add rice and water. Cover. Place in the microwave. Cook for 6 minutes or until rice is tender. Remove from the microwave. Fluff with a fork. Allow rice to cool for 5 minutes.
5. In a medium skillet, brown turkey on medium-high heat, about 5–6 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Wash hands after touching uncooked ground turkey.
6. Add cooked brown rice, green chili enchilada sauce, black beans, and taco seasoning. Cook for 3 more minutes. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from heat. Add cheese. Stir.
8. Stuff each quarter pepper with $\frac{3}{4}$ cup (6 oz) packed filling.
9. Spray a baking dish 9" X 13" with nonstick cooking spray. Place stuffed peppers in dish. Bake in the oven for 15–20 minutes. Heat to an internal temperature of 140 °F or higher for at least 15 seconds.
10. Serve 1 quarter stuffed pepper. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

1 quarter Taco-Seasoned Stuffed Pepper

Nutrients	Amount
Calories	182

Total Fat	5 g
Saturated Fat	2 g
Cholesterol	30 mg
Sodium	298 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	13 g

Vitamin D	N/A
Calcium	79 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project


TeamNutrition.USDA.gov

the 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 

the CHEF TIPS

- **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.
- Can substitute black beans, dry.
- **Tips for Soaking Dry Beans:** 1 lb dry black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.
Overnight Method: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
Quick-Soak Method: Boil 1 $\frac{3}{4}$ 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 1 $\frac{3}{4}$ 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 within an additional 4 hours.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.