

Stuffed Pepper Skillet

You will need:

- 1 cup uncooked white or brown rice
- Water (for rice)
- 1 onion, chopped
- 2 carrots, grated
- 1 - 15 ounce can diced tomatoes
- 1 - 8 ounce can tomato sauce
- 1 teaspoon minced garlic or garlic powder
- 6 green or red bell peppers, rinse with cold water
- ½ cup ketchup

Step by Step:

1. Cook rice as directed on the box and set aside.
2. Mix onions, carrots, tomatoes, tomato sauce, and garlic.
3. Simmer for 3 minutes.
4. Add chopped peppers and rice.
5. Stir in ketchup.
6. Cover and simmer until mixture thickens.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.