



Total Time  
**70 MIN.**


Serving & Size  
**1 SERVING (2 STUFFED PEPPER HALVES)**

Difficulty  
**MEDIUM**

Yields  
**24**

A healthier spin on a classic for long-term care residents or acute care cafeterias. Red peppers stuffed with golden quinoa made with Swanson® Unsalted Chicken Broth and combined with ground turkey, onions, spinach, garlic and Campbell's Healthy Request® Cream of Mushroom soup.

<b>Nutrition Facts</b>	
Serving Size	1 SERVING (2 STUFFED PEPPER HALVES)
<b>Amount Per Serving</b>	
<b>Calories</b> 379	
<b>% Daily Value</b>	
<b>Total Fat</b> 8g	<b>12%</b>
<b>Saturated Fat</b> 2.3g	<b>12%</b>
<b>Cholesterol</b> 68mg	<b>23%</b>
<b>Sodium</b> 476mg	<b>20%</b>
<b>Total Carbohydrate</b> 37.4g	<b>12%</b>
<b>Dietary Fiber</b> 6.2g	<b>25%</b>
<b>Protein</b> 39g	<b>78%</b>
Vitamin A 70%	Vitamin C 176%
Calcium 22%	Iron 20%

<b>INGREDIENTS</b>	<b>WEIGHT</b>	<b>MEASURE</b>
 <b>Swanson® Unsalted Chicken Broth</b>		2 qt.
quinoa, rinsed	2 lb.	1 qt.
99% fat free ground turkey	6 lb.	
garlic, whole cloves, peeled, minced	1 oz.	6 ea.
onion, medium, chopped	2 lb.	6
frozen spinach, chopped, thawed, drained	4 lb.	11 cups
 <b>Campbell's® Healthy Request® Condensed Cream of Mushroom Soup</b> , 50 oz ea	63 oz.	1 1/4 cans
Parmesan cheese, grated	7 oz.	2 cups
red bell pepper, medium-sized	6 lb.	24 ea.

 **TIP**

This recipe meets Partnership for a Healthier America nutrition standards (a la carte entrees).

Cover stuffed peppers so they do not dry out during hot holding.



### INSTRUCTIONS

1. Set oven to 350°F.
  2. Heat stock and quinoa in saucepan over high heat to a boil. Reduce heat to low. Cover and cook 13 minutes, or until quinoa is tender.
  3. Cook turkey, garlic and onion in a skillet over medium-high heat until turkey is cooked through, stirring often to separate meat. Stir in spinach, soup, quinoa and 1/2 of the parmesan cheese.
  4. Place pepper halves on a sheet pan. Spoon turkey mixture into the pepper halves.
  5. Bake 30 minutes or until hot. Sprinkle with remaining cheese.
  6. Bake 5 minutes or until cheese is melted.
- CCP: Heat to a minimum internal temperature of 165°F for 1 minute.  
CCP: Hold for hot service at 140°F or higher until needed.
7. To Serve: Using tongs, portion 2 stuffed pepper halves on plate. Serve immediately.