



Total Time  
**30 MIN.**

Difficulty  
**EASY**

Yields  
**12**

Serving & Size  
**SERVING (#4 SCOOP ; 1 CUP RICE + 1 CUP MIX)**


The classic stuffed pepper recipe deconstructed, ground turkey, red and green bell peppers in a rich tomato sauce served over brown rice, topped with Mozzarella cheese.

<b>Nutrition Facts</b>	
Serving Size	SERVING (#4 SCOOP ; 1 CUP RICE + 1 CUP MIX)
<b>Amount Per Serving</b>	
<b>Calories</b> 500	
	<b>% Daily Value</b>
<b>Total Fat</b> 13.2g	<b>20%</b>
<b>Saturated Fat</b> 2.9g	<b>15%</b>
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 486mg	<b>20%</b>
<b>Total Carbohydrate</b> 65.9g	<b>22%</b>
<b>Dietary Fiber</b> 4.5g	<b>18%</b>
<b>Protein</b> 26.2g	<b>52%</b>
Vitamin A 12%	Vitamin C 85%
Calcium 10%	Iron 10%

**INGREDIENTS**

**WEIGHT**

**MEASURE**

canola oil		2	tblsp.
green pepper, diced	13 oz.	3	cups
red bell pepper, diced	13 oz.	3	cups
onion, diced	9 oz.	2	cups
garlic, minced		1	tblsp.
dried parsley flakes, crushed		1	tblsp.
dried thyme, crushed		1/2	tsp.
dried oregano leaves, crushed		1 1/4	tsp.
dried rosemary leaves, crushed		1/2	tsp.
dried sageleaves, crushed		1/2	tsp.
black pepper, ground		1	tsp.
85% lean ground turkey, yield from 1 oz raw		32	
 <b>Campbell's® Healthy Request® Condensed Tomato Soup</b>		1	cans
cooked brown rice	82 oz.	12	cups
part skim mozzarella cheese, shredded	4 oz.	3/4	cups



### **INSTRUCTIONS**

1. Heat oil in a large pot over high heat. Add in vegetables, garlic and herbs. Sautee for 7-10 minutes stirring often.
2. Add in ground turkey, stir well to combine and to break up. Cook for another 5-7 minutes until turkey is cooked through.
3. Add in **Campbell's® Healthy Request® Tomato Soup**. Stir well and bring to a simmer. Cover and simmer for 10 minutes.

**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.**

4. To serve, using a #4 scoop, portion 1 cup of cooked brown rice into a serving bowl. Ladle 8 oz. of pepper mixture over rice. Top with 1 tablespoon Mozzarella. Serve immediately.