

Recipe for: Taco Filled Peppers

Ingredients:

1 lb. ground beef or ground turkey
Taco Seasoning to taste (crushed red pepper, oregano, basil)
1 8 Oz can kidney beans, rinsed and drained
1 cup of salsa
4 medium green peppers
1 medium tomato, chopped
½ cup shredded cheese
½ cup of non-fat plain yogurt (optional)

Preparation:

Place beef or turkey in a skillet and brown with onions and garlic on medium heat.

Meanwhile, in a separate pan, prepare rice as directed.

When meat is done, add sauce, seasoning, and cooked rice.

Stir until blended.