West Virginia
Bureau of Senior Services

COOKING DEMONSTRATION

Microwaved Stuffed Bell Pepper

WHAT YOU NEED

Ingredients

1 bell pepper, any color

1/4 cup brown rice, cooked

1/4 cup ground beef

1/4 cup tomato sauce

1/2 tsp onion powder

1/2 tsp garlic powder

Salt and pepper, optional

1/8 cup shredded cheddar cheese

Materials

Microwave

Small mixing bowl

Measuring utensils

Knife

Cutting board

Mixing spoon

Plastic wrap

Microwave safe bowl

Microwave Stuffed Bell Pepper

Serves: 1

Prep Time: 15 min
Cook Time: 10 min

Instructions:

1.

Gather all ingredients and materials. Wash all produce. Measure out all ingredients.

2.

Cut the top of the pepper off. Where the stem is located. Remove the seeds and the membrane.

3.

Place the pepper in a microwave safe bowl with the cut part facing up. Cover the pepper with plastic and microwave of high for 3 minutes.

4.

Mix together the cooked rice, uncooked ground beef, onion powder, garlic powder, salt, pepper and tomato sauce.

5.

Place mixture into the pepper. Cover with plastic wrap and microwave for 5 minutes. Check temperature. Meat needs to be cooked thoroughly until internal temperature reaches 165 degrees F.

6.

Sprinkle with cheese and enjoy.

Nutrition Talking Points for the Instructor

- Bell peppers are rich in vitamin C and antioxidants. A large red bell pepper contains more vitamin C than any other fruit or vegetable.
- Bell peppers also have other vitamins and mineral such as vitamin B6, vitamin K, Potassium, folate, vitamin E and vitamin A.
- Vitamin C can help your body absorb iron.
- Bell peppers are 92% water.
- Red, orange and yellow peppers are just green peppers that are more mature/ripened .
- A common myth is peppers with 3 lobes is a male and peppers with 4 lobes is a male. The myth is false. There is no such thing as a male or female pepper.
- Bell peppers are the only peppers that do not have capsaicin. Capsaicin is the chemical that causes a strong burning (hot) sensation when eaten.
- Brown rice contains more fiber than white rice.
- Brown rice may help reduce blood sugar levels.
- Brown rice can be traded out for white rice for those with digestive issues.
- Whole grains, like brown rice, also contain the bran and germ. The bran and the germ contain fiber, vitamins and minerals. Refined grains, like white rice, these parts are removed.
- Whole grain rice can also be black, purple and red.
- Ground beef can be traded out for ground pork, ground chicken or ground turkey.
- Ground beef compared to ground turkey (when they have the same fat percentages) are similar in nutrition but have some differences.
- Lean ground turkey has a lower amount of saturated fat in comparison to ground beef.
- Ground beef contains higher amount of vitamin B12, iron and zinc than ground turkey.