



A Nutrition Resource

STUFFED PEPPER SOUP

Pressure Cooker Recipe

Yield: 6 Serving | Serving Size: 2 Cups Cost/serving: \$2.29

Ingredients:

- 1 lb lean ground turkey
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 5 Cups low-sodium chicken broth
- 3 red, yellow, or green bell peppers, diced
- 1 can kidney beans, drained and rinsed
- 15 oz can diced tomatoes
- 5.5 oz can tomato paste
- 1 Tablespoon Italian seasoning
- 1 Teaspoon salt
- 1/2 Cup long-grain white rice, rinsed
- 1 Teaspoon apple cider vinegar

Directions:

- 1) Prepare all vegetables and rinse rice.
 - a) Dice onion
 - b) Mince garlic
 - c) Wash and dice bell pepper
 - d) Drain and rinse kidney beans
 - e) Rinse rice
- 2) Select saute function on pressure cooker and saute ground turkey until almost cooked through.
- 3) Add the onion and garlic and continue to saute a couple minutes more until the onion is softened and turkey is fully cooked.
- 4) Deglaze the pot, add 1/3 cup broth and use a spatula to scrape off any brown bits stuck to the bottom.

Nutrition Facts

6 servings per container

Serving size 2 cups (400g)

Amount Per Serving

Calories 370

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 1g

Cholesterol 45mg 15%

Sodium 810mg 35%

Total Carbohydrate 49g 18%

Dietary Fiber 10g 36%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 32g 64%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource



- 5) Add the rest of the broth, then layer bell peppers, kidney beans, diced tomatoes, and tomato paste.
- 6) Add the rice on top and push it down until submerged in the broth.
- 7) Add Italian seasoning and salt, do not stir.
- 8) Close the lid, set vent to sealing and cook on Manual High pressure for 5 minutes.
- 9) After cooking time, let pressure release naturally for 5 minutes, then quick release remaining pressure.
- 10) Mix in the apple cider vinegar.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION