Healthy Mexican Stuffed Bell Peppers

Printable grocery list · Serves 6

PROTEIN

- [ ] 2 lbs ground turkey breast or ground chicken breast

PRODUCE

- [ ] 6 large bell peppers
- [ ] 1 small onion
- [ ] 2 cups cauliflower rice (frozen is fine)
- [ ] Fresh cilantro

CANNED & PANTRY

- [ ] 1 1/2 cups canned kidney beans
- [ ] 1 cup canned corn
- [ ] 1 can (10 oz) Rotel Mexican lime & cilantro diced tomatoes
- [ ] Vegetable cooking spray

DAIRY

- [ ] 2 cups Kraft fat-free shredded cheddar

SPICES

- [ ] 3 tsp Old El Paso taco seasoning
- [ ] 2 tsp Mexican oregano