

MEALTIME HELPER

MAKING MEALTIME EASY

Stuffed Peppers - Shopping List

- **Produce**

- 4 large bell peppers (any color)
- 1 small onion
- 2 cloves garlic
- Fresh parsley or basil (small bunch, optional garnish)
- Optional: cilantro (if using as add-in)
- Optional: side salad ingredients or crusty bread for serving

- **Meat / Protein**

- 1 lb (450 g) ground beef (or ground turkey/chicken or plant-based substitute)
- Optional add-in: 1/2 cup black beans or kidney beans (canned, rinsed)

- **Grains / Pantry**

- 1 cup cooked rice (white, brown, or quinoa) — ~1/2 cup dry rice
- 1 can (14 oz / 400 g) diced tomatoes (drained) or 1 cup crushed tomatoes
- 1 cup marinara or tomato sauce (optional, for dish base)
- 1 tsp Italian seasoning (or 1/2 tsp dried oregano + 1/2 tsp dried basil)
- 1 tsp Worcestershire sauce (optional)
- 1/2 tsp smoked paprika (or regular paprika)
- 1 tsp kosher salt
- 1/2 tsp black pepper
- Olive oil (1 tbsp)

- **Dairy / Cheese**

- 1 cup shredded cheese (cheddar, mozzarella, or Mexican blend), divided
- Optional: 1/4 cup grated Parmesan (optional for filling/topping)

- **Optional Vegetables / Mix-ins**

- 1/2 cup corn (frozen or canned)
- 1/2 cup mushrooms, chopped (optional)

- **Other**

- Parchment or cooking spray (for baking dish, optional)

Notes:

- If you don't have cooked rice, buy 1/2 cup dry rice to yield ~1 cup cooked.

- Quantities for optional add-ins (corn, beans, mushrooms, Parmesan) are flexible—adjust to taste.