



A Nutrition Resource

# Buffalo Stuffed Pepper Skillet

**Yield: 6 Servings | Serving Size: 296 g**

## Ingredients:

- 1 Tbsp olive oil
- 1 lb ground bison (or beef)
- 1 onion, diced
- 1 tsp minced garlic
- 2 Tbs tomato paste
- 2 bell peppers, diced
- 1 (15oz) can diced tomatoes with juices
- 1 cup long grain white rice
- 2 ½ cups beef broth (or water)
- 2 tsp Italian seasoning
- ½ tsp smoked paprika
- ½ tsp salt
- ½ tsp black pepper

## Optional

- ½ cup shredded cheese
- 3 Tbs fresh parsley, chopped

## Directions:

- 1) Heat the oil in a deep 12-inch skillet over medium heat. Add the ground buffalo, onion and garlic. Break up the meat with a spoon, until cooked through. Stir in the tomato paste until well combined.
- 2) Add the bell peppers, diced tomatoes, rice, beef broth, seasonings, and fresh parsley if using. Stir to combine and bring the mixture to a boil.
- 3) Reduce the heat to a medium-low simmer and let cook until the rice is cooked through, about 15-18 minutes.
- 4) Stir the mixture to fluff the rice, top with cheese and remaining parsley.



## Nutrition Facts

Amount per	
1 serving (10.4 oz)	296 g
<b>Calories</b> 350	<b>From Fat</b> 103
% Daily Value*	
<b>Total Fat</b> 11.5g	18%
Saturated Fat 4.7g	24%
Trans Fat 0g	
<b>Cholesterol</b> 51mg	17%
<b>Sodium</b> 559mg	23%
<b>Total Carbohydrates</b> 40g	13%
Dietary Fiber 2g	9%
Sugars 3g	
<b>Protein</b> 22g	44%
<b>Vitamin A</b> 18% • <b>Vitamin C</b> 78%	
<b>Calcium</b> 14% • <b>Iron</b> 27%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

**Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://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](http://pinterest.com/buyeatlive)



**Find us on Facebook**  
[facebook.com/buyeatlivebetter](http://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION