

# Healthy Cooking on a Budget



Did you know? Eating healthy doesn't have to come with a hefty cost.

- Plan out a few meals or create a menu for the week to help save money.
- Don't shop hungry, grab a snack before heading to the store.
- Consider purchasing non-perishable foods in bulk. It costs more upfront but will save money over time. Buy generic or store brand. They contain similar ingredients and is just as nutritious when compared to name brand foods.
- Use what you have before buying more (eat leftovers, take monthly inventory of pantry and fridge items to use first).

## Healthy Bites Stuffed Peppers

### Ingredients

- 5 bell peppers (red, orange, yellow, or green)
- 1 pound ground beef, 90% lean
- 3/4 cup brown rice
- 1/2 can diced tomatoes, low-sodium
- 3 tablespoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground black pepper



### Directions

- Cut a circular hole in the tops of the bell peppers
- Remove seeds and membrane and set aside. I
- n a large bowl, combine remaining ingredients and stir until completely mixed.
- Fill the bell peppers with meat mixture.
- Place the stuffed bell peppers in large stock pot on stove, with the tops facing up.
- Add 1-inch water to bottom of pot and cover.
- Place heat on medium, keeping covered for 30-40 minutes until rice is done. Serve.

MyPlate. Healthy Eating on a Budget <https://www.myplate.gov/eat-healthy/healthy-eating-budget>. Accessed 06/15/2022

Source: USDA MyPlate. Stuffed Bell Peppers . <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/stuffed-bell-peppers>. Accessed 06/15/2022. Source: Image from Canva