

**EXTENSION FAMILY AND CONSUMER SCIENCES PROGRAM
BRADFORD COUNTY COOPERATIVE EXTENSION SERVICE
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Chopped Pepper Steak

INGREDIENTS

1 pound lean ground beef or lean turkey
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1 medium green bell pepper, cut in strips
1 medium red bell pepper, cut in strips
1/2 cup light teriyaki sauce
hot brown rice, cooked (optional)

DIRECTIONS

1. Preheat oven to 450 degrees F or grill to medium-high.
2. Combine ground beef or turkey garlic pepper in a bowl and mix. Form 5 patties.
3. In the center of each piece of foil place peppers and one patty. Top each packet with teriyaki sauce evenly
4. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make five packets.
5. Bake 15-30 minutes or until patties temp 145 degrees. If using ground turkey 165 degrees.
6. Pull from oven let rest 5 minutes then serve. Can be served with rice.