



Stuffed Bell Peppers

These stuffed bell peppers are the ultimate comfort food! Bright and tender peppers filled with rice, ground turkey, and spices are a great way to sneak in both flavor and veggies in one dish.

Serves: 6

Serving Size: 1/2 stuffed pepper

Ingredients

- 3 whole bell peppers, any color, rinsed and dried
- 2 T cooking oil
- 1/4 tsp black pepper
- 1 pound ground turkey (93% lean)
- 1 yellow onion, chopped (medium dice)
- 3 garlic cloves, minced
- 1/2 cup of long grain white rice, uncooked
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1 cup marinara sauce
- 3/4 cup low sodium chicken broth
- 1 cup part-skim mozzarella cheese

Directions

1. Preheat oven to 350°F.
2. Cut each bell pepper in half horizontally and remove stem and seeds.
3. Place each bell pepper half in a 9x13 casserole dish. Brush bell peppers with oil and season with salt and pepper. Bake bell peppers in the oven for 20 minutes to soften. Remove bell peppers and set aside.
4. While peppers are in the oven, heat a skillet over medium heat and add 1 tbsp of oil. Add ground turkey and chopped onions and cook until turkey has browned and onions are soft and translucent.
5. Add chopped garlic and cook 30 seconds until fragrant.
6. Add uncooked rice, marinara sauce, Italian seasoning, garlic powder, salt, and chicken broth. Stir to combine. Place lid on skillet, turn heat to medium high and bring to a full boil. Reduce to medium low and allow mixture to simmer for 20 minutes. Do not lift the lid! After 20 minutes, let it rest for 5 minutes, covered.
7. Fluff the rice and stir the mixture. Fill each bell pepper to the top with filling. Top each bell pepper with shredded cheese. Place foil loosely on top of the peppers. Bake for 15 minutes, until tender.
8. Remove foil and turn heat to broil. Broil stuffed peppers for 2-3 minutes until cheese is browned in spots.

Nutrition Info per serving:

Calories: 294, Saturated Fat: 4.7g, Sodium: 444mg, Added Sugars: 0g, Fiber: 3.6g Protein: 20.7g

Recipe adapted from: <https://www.budgetbytes.com/stuffed-bell-peppers/>