

# Ground Turkey Stuffed Peppers

Prep Time: 20 Minutes

Cook Time: 45 Minutes

Servings: 6 peppers

## Ingredients:

- 1 pound ground turkey
- ~ 3 tablespoons olive oil
- Salt and pepper to taste
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 1 teaspoon dried Italian seasoning
- 1 (14-ounce) can diced tomatoes, with its juices
- 1 ½ cups cooked brown rice
- ½ cup chopped fresh Italian parsley - plus more for garnish
- 3 large bell peppers - assorted colors
- 1 ½ cups shredded mozzarella cheese
- ¼ cup shredded parmesan cheese
- 1/3 cup water

## Instructions:

1. Preheat oven to 375 degrees
2. Make the filling:
  - Heat olive oil in a large deep skillet over medium high heat. Cook the ground turkey until fully cooked, breaking it up with a spatula or wooden spoon. Push it to one side of the skillet
  - Add a few more drizzles of olive oil and stir in the diced onions and minced garlic. Cook for 1-2 minutes, and mix it back with the ground turkey
  - Add the Italian seasoning, canned diced tomatoes and cooked rice. Mix evenly. Season with salt and pepper to taste. Stir in the chopped parsley and ½ cup of the mozzarella cheese and combine. Remove from heat and set aside.
3. Assemble and bake:
  - Cut each pepper in half, from top to bottom. Remove the seeds and stem. Drizzle the inside of the peppers with a little bit of olive oil and sprinkle with a few pinches of salt and pepper. It doesn't have to be precise. **Tip:** *Cut a thin slice off the bottom of each pepper half so it doesn't tip over.*
  - Fill the peppers with the prepared filling evenly. Arrange them on a 9×13 inch baking dish (filling side up). Add water to the bottom of the pan. Cover the pan tightly with aluminum foil.
  - Bake, covered, for 30 to 35 minutes or until the peppers are tender.
  - Uncover, and top the peppers with the remaining mozzarella and the parmesan cheese. Return to the oven (uncovered) and bake for another 10-12 minutes until melted. Broil for 1-2 minutes until golden brown on top. Garnish with parsley. Serve immediately. Enjoy!

## Nutrition

Serving: 1 stuffed pepper | Calories: 318kcal | Carbohydrates: 21g | Protein: 28g | Fat: 14g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Trans Fat: 0.01g | Cholesterol: 67mg | Sodium: 388mg | Potassium: 573mg | Fiber: 3g | Sugar: 5g | Vitamin A: 2472IU | Vitamin C: 89mg | Calcium: 227mg | Iron: 2mg



Source:

<https://cookingformysoul.com/ground-turkey-stuffed-peppers/#recipe>