

Contact Cooking Matters: Email: Cookingmatters@owu.edu

Check out the website: sites.owu.edu/cookingmatters

Stuffed Peppers

Calories per serving: 450 **# of servings:** 6 **Serving Size:** 1 pepper **TOTAL TIME:** 45 min

Ingredients

- 6 large bell peppers, any color
- 2 cups grains, cooked - brown rice, barley, quinoa
- 1 lb. Lean ground turkey, beef or chicken
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 cup finely chopped veggies - zucchini, peas, mushrooms, carrots, cauliflower, broccoli, etc
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning (or taco, cajun or other mixed spice blends)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups cheese, shredded
- 1 tablespoon olive oil

Directions

1. Preheat oven to 400 degrees. Prepare your grain and set aside. You will need two cups of cooked whole grains.
2. Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
3. In a large skillet add the olive oil, garlic and onion, saute until tender. Add the turkey and brown until thoroughly cooked.
4. Add the crushed tomatoes, veggies, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.
5. Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice. Bake uncovered for 15 to 20 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes or until cheese is melted.