

Stuffed Bell Peppers

Ingredients

- 4 large bell peppers
- 1 tablespoon olive oil
- 1 pound ground beef or ground turkey
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 1 cup cooked white rice
- 1 cup tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup shredded mozzarella or cheddar cheese
- 2 tablespoons chopped fresh parsley, optional

Instructions

1. Preheat the oven to 375°F and lightly grease a baking dish.
2. Cut the bell peppers in half lengthwise. Remove the seeds and membranes, then place them cut side up in the baking dish.
3. Heat the olive oil in a large skillet over medium heat. Add the ground beef or turkey and cook until browned and cooked through. Drain excess grease if needed.
4. Add the onion and cook for 3 to 4 minutes until softened. Stir in the garlic and cook for 30 seconds.
5. Stir in the cooked rice, tomato sauce, Worcestershire sauce, Italian seasoning, salt, and black pepper. Cook for 2 to 3 minutes until heated through.
6. Divide the filling evenly among the pepper halves.
7. Cover loosely with foil and bake for 25 minutes.
8. Remove the foil and sprinkle the cheese evenly over the peppers.
9. Bake uncovered for another 10 to 15 minutes, until the peppers are tender and the cheese is melted and lightly golden.
10. Let rest for about 5 minutes before serving. Garnish with parsley if desired.

Notes and Storage

- Any color of bell pepper works. Red, yellow, and orange peppers are sweeter, while green peppers have a slightly stronger flavor.
- Use fully cooked rice for the filling.
- Mozzarella gives a mild, stretchy topping, while cheddar adds a sharper flavor.
- For softer peppers, add 2 to 3 tablespoons of water to the bottom of the baking dish before covering with foil.
- Store leftovers in an airtight container in the refrigerator for up to 4 days.
- Reheat in a 350°F oven until warmed through, or microwave individual portions until hot.
- Freeze cooled stuffed peppers in a freezer safe container for up to 2 months. Thaw overnight in the refrigerator before reheating.