

Stuffed peppers



Recipe credit

Adapted from Iowa State University Extension and Outreach's [Stuffed Peppers](#)

About this recipe

Serves

8

Serving size

1 stuffed pepper half

Time to make

20 minutes preparation; 40 minutes cook time

Special criteria

[Whole grains recipes](#)

Ingredients

- 4 green or red peppers
- 1/2 pound ground Italian sausage, turkey sausage, or beef
- 1 onion, chopped (about 1 cup)
- 1 teaspoon dried oregano
- 1 15-ounce can spaghetti sauce
- 3 cups cooked brown rice*
- 1 cup shredded mozzarella cheese (divided)
- Optional: 2-4 cups kale, spinach, or other dark leafy green, chopped
- *See recipe in “Tips and Variations”

Directions

1. Preheat oven to 350 degrees F.
2. Wash the peppers, cut in half lengthwise, and remove seeds. Arrange in a 9 x 13-inch baking dish or sheet pan.
3. Sauté the ground meat and onion in a large skillet over medium heat until browned and cooked to 155 degrees F. Pour off any excess fat.
4. Stir in the oregano, spaghetti sauce, rice, 1/2 cup cheese, and green vegetable (if using).
5. Spoon sausage mixture into the peppers, mounding on the top.
6. Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining 1/2 cup cheese on top. Continue to cook another 10 minutes until cheese is melted.

Tips and variations

- To cook the brown rice, follow the package directions or see the Wild or Brown Rice recipe.
- Do not pour fat down the drain. Pour fat from ground meat into a bowl. Place bowl in refrigerator until the fat has hardened and then spoon into the trash.
- To make smaller meals, freeze filling in three or four portions. When ready to eat, thaw a portion and bake in two or three pepper halves.

Nutritional info

Calories

290

Total fat

10 g

Saturated fat

3 g

Cholesterol

35 mg

Sodium

570 mg

Total carbohydrates

36 g

Dietary fiber

3 g

Protein

14 g

Total sugar

5 g

Allergens

Dairy

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