



# Stove Top Stuffed Peppers with Italian Seasoning



## Ingredi-



Recipe from [jerseygirlcooks.com](http://jerseygirlcooks.com)

- 6 medium size bell peppers
- 2 Tbsp canola oil
- 1/3 cup finely chopped onions
- 1 Tbsp chopped garlic
- 1 1/4 lbs lean ground turkey
- 1 Tbsp dried Italian seasoning
- 2 cups cooked brown rice
- 1/4 cup grated Parmesan cheese
- 2 cups marinara sauce
- 1/2 cup water
- Salt and pepper to taste

Yield: 6 servings  
Serving Size: 1 pepper



## Directions

1. Cut the tops off the peppers, core, and remove all seeds. Set aside.
2. In a large frying pan, heat the oil on medium heat. Add the onions and garlic to the pan and cook for 3 minutes or until onions start to wilt. Add the turkey to the pan and cook for 7 minutes or until no longer pink. Add seasoning, rice, parmesan cheese, and 1/2 cup of the marinara sauce. Stir well and cook for a few more minutes until mixture is well heated. Add salt and pepper to taste. Carefully stuff the pepper cavities with the mixture.
3. In a large pot, add the remaining 1 1/2 cups of marinara sauce and water. Heat on low until mixture comes to a simmer. Transfer the peppers to the pot making sure they are standing upright. Cover with a lid and cook on low for 25-30 minutes or until peppers are tender.
4. Serve with sauce spooned on the peppers and sprinkle with extra parmesan cheese if desired.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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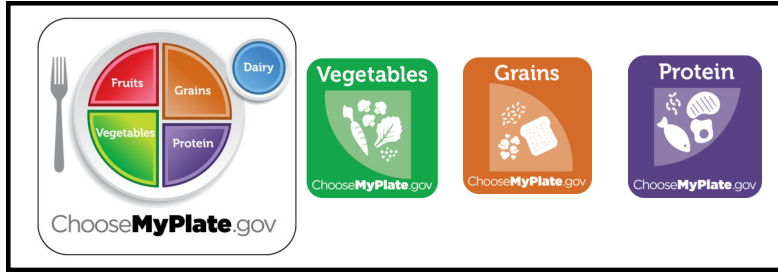
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Enjoy with a piece of whole grain garlic bread!
- Substitute turkey for other protein: beans, tofu, ground beef, lentils, etc.
- Mix and match different vegetables inside the peppers for alternate flavors.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 pepper</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	<b>54%</b>
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 2.7mg	15%
Potassium 1175mg	25%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

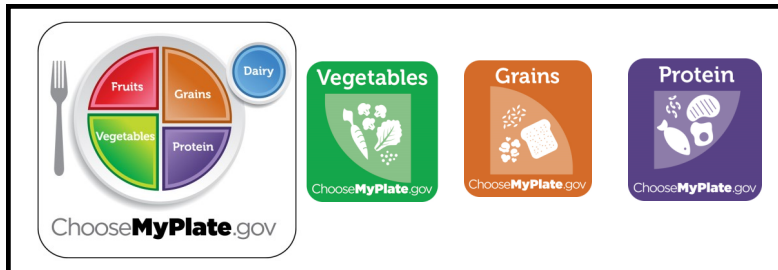
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