

Italian Stuffed Peppers

Italian Stuffed Peppers are a delicious new way to enjoy a classic! Fresh bell peppers stuffed with Italian sausage, white rice, diced tomatoes, and mozzarella cheese, this recipe takes stuffed peppers to a whole new level.

Prep Time: 30 minutes Cook Time: 45 minutes Total Time: 1 hour 15 minutes

Servings: 6 Calories: 500kcal Author: Cathy Trochelman

Ingredients

- 6 large bell peppers
- 2 cups cooked rice I used Arborio
- 1 pound Italian sausage I used sweet
- 1/2 cup diced onion
- 2 cloves minced garlic
- 14 ounce can Italian Style Diced Tomatoes undrained
- 2 Tablespoons tomato paste
- 8 ounces shredded mozzarella cheese
- 2 Tablespoons fresh Italian parsley minced

Instructions

1. Preheat oven to 350°F.
2. Cut tops off peppers and remove seeds & membrane. Set aside.
3. Prepare rice according to package instructions (2/3 cup uncooked rice yields about 2 cups cooked).
4. While rice is cooking, brown Italian sausage, onion and garlic in a large skillet until no pink remains. Drain grease.
5. In a medium mixing bowl, stir together cooked rice, Italian sausage, diced tomatoes, 1 ½ cups cheese, and 2 Tablespoons parsley.
6. Spoon mixture into peppers, filling them completely.
7. Place stuffed peppers into a 9x13 inch baking pan. Add 1/4 cup water to the bottom of the pan.
8. Top peppers with remaining 1/2 cup cheese.
9. Cover with foil; bake for 30 minutes. Remove foil and bake 10 minutes more. (*For softer peppers, bake for 45 minutes, then remove foil and bake for 10 minutes more.)

Notes

RECIPE VARIATIONS

- Use any color of bell pepper
- Cut the peppers in half to make them smaller

- Substitute hot Italian sausage for mild
- Use a combination of Italian sausage and ground beef, turkey or chicken
- Substitute Parmesan, Asiago or Provolone for the mozzarella
- Add chopped mushrooms to the onion & garlic mixture
- Add additional seasonings, such as basil, oregano, or crushed red pepper

Nutrition

Serving: 1g | Calories: 500kcal | Carbohydrates: 34g | Protein: 27g | Fat: 29g | Saturated Fat: 12g | Polyunsaturated Fat: 18g | Cholesterol: 68mg | Sodium: 903mg | Fiber: 3g | Sugar: 8g