

Stuffed Orange Peppers

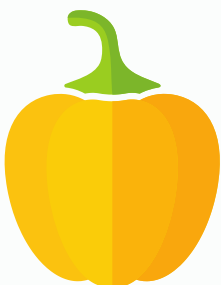


EZ RECIPES FROM COOKING WITH CHAD

serves 6

ingredients

- 6 orange bell peppers, tops and core removed
- 1 pound ground turkey
- 1/3 cup chopped onion
- 1 (14.5oz) can diced tomatoes
- ½ cup brown minute rice
- ½ cup water or stock
- 1 cup shredded cheese
- Salt, pepper and seasonings as desired



directions

- Cook turkey and onion over medium-high heat until browned and crumbly, about 5-7 minutes.
- Drain any grease off.
- Preheat oven to 350 degrees
- Stir tomatoes, grain, water/stock into turkey mixture.
- Cover and simmer for a few minutes to soften the grain and absorb most of the liquid.
- Stir in seasonings and shredded cheese during the last few minutes. Taste and adjust.
- Stuff each pepper with the mixture, replace tops, and place peppers in a baking dish and cover with aluminum foil
- Bake until cheese is melted and heated through, 25-35 minutes