

Italian Orzo Stuffed Peppers

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-orzo-recipe>

Ingredients:

- 3 tablespoons DeLallo Extra Virgin Olive Oil
- 1/2 pound DeLallo Orzo
- 1 onion medium, chopped
- 2 cloves garlic minced
- 1 teaspoon salt
- 1 pound ground turkey or beef
- 1/4 cup fresh flat leaf parsley chopped
- 1 teaspoon dried oregano
- 14 1/2 ounces diced tomatoes DeLallo Fire-Roasted
- 4 vegetables medium, such as peppers or zucchini, halved with seeds removed*

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 45 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 350 milligrams
9. Sugar: 2 grams

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