

Mom's Italian Stuffed Pepper

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meatloaf-with-boiled-egg-recipe>

Ingredients:

- 8 peppers cleaned see below
- 4 boiled eggs cleaned and chopped up
- 1/4 cup bread crumbs
- 1 egg beaten
- 1 1/2 pounds hamburger or ground turkey
- 1 cup rice
- 1/4 cup olive oil
- 1/2 teaspoon oregano garlic powder, black pepper, salt and basil
- 1/4 teaspoon cayenne pepper
- 4 ounces tomato sauce can of
- 28 ounces tomatoes whole, put through food processor with little chunks left
- olive oil
- 1/2 cup Pecorino Romano cheese grated
- 1/2 cup red wine
- 2 cloves garlic whole

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 410 milligrams
4. Fat: 60 grams
5. Fiber: 3 grams
6. Protein: 54 grams
7. SaturatedFat: 20 grams
8. Sodium: 710 milligrams
9. Sugar: 10 grams
10. TransFat: 1.5 grams

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