

Italian Stuffed Peppers

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mccormick-perfect-pinch-italian-seasoning-recipe>

Ingredients:

- 2 tablespoons olive oil
- 3 bell peppers
- 1 onion diced
- 1 pound ground turkey or ground chicken
- 2 teaspoons Italian seasoning
- 1 teaspoon salt and pepper
- 1/4 teaspoon ground black pepper
- 14 1/2 ounces diced tomatoes
- 1 cup cooked brown rice
- 1/2 cup peppers
- 1 cup mozzarella cheese
- 1/2 cup stuffing
- 1/4 cup Parmesan cheese grated
- 1 tablespoon fresh basil or parsley chopped

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 115 milligrams
4. Fat: 25 grams
5. Fiber: 9 grams
6. Protein: 35 grams
7. SaturatedFat: 8 grams
8. Sodium: 1390 milligrams
9. Sugar: 8 grams

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