

Hot Italian Sausage Stuffed Peppers

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-hot-italian-sausage-rice>

Ingredients:

- 1 pound hot Italian sausage casings removed
- 2 tablespoons olive oil
- 1 cup white rice cooked to package instruction, do not overcook
- 14 ounces fire roasted diced tomatoes
- 3 cloves garlic minced
- 1/2 yellow onion chopped, 1/3 cup
- 4 bell peppers cleaned stems and seeds removed
- 1/2 cup chicken broth
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon kosher salt
- 1 teaspoon reduced sodium worcestershire sauce
- 1/2 teaspoon fresh ground black pepper
- 1/4 cup Italian blend shredded cheese
- Garnish: optional
- Italian flat leaf parsley optional
- roughly optional

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 85 milligrams
4. Fat: 43 grams
5. Fiber: 5 grams
6. Protein: 23 grams

7. SaturatedFat: 13 grams
 8. Sodium: 1580 milligrams
 9. Sugar: 3 grams
-

Thank you for visiting our website. Hope you enjoy Hot Italian Sausage Stuffed Peppers above. You can see more 20 recipe hot italian sausage rice Unleash your inner chef! to get more great cooking ideas.