

Meaty, Cheesy Stuffed Bell Peppers

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-bell-peppers-recipes>

Ingredients:

- 4 green bell peppers
- chicken broth
- water
- 1/2 white onion diced
- 3 cloves garlic minced
- 1/2 pound ground turkey
- 1 smoked turkey dinner sausage link, diced
- 1 1/2 cups rice cooked
- 16 ounces diced tomatoes can of
- 2 tablespoons parsley
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon worcestershire sauce
- 3/8 cup cheddar cheese
- 3/4 cup mozzarella cheese

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 85 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 7 grams
8. Sodium: 770 milligrams

9. Sugar: 7 grams

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