

Stuffed Peppers

Yield: 6 min
Total Time: 85 min

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

Ingredients:

- 1 pound ground turkey breast
- 1/2 cup long-grain white rice uncooked
- 1 cup water
- 2 tablespoons extra virgin olive oil
- 6 red bell peppers
- 16 ounces tomato sauce
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon smoked paprika
- 2 teaspoons Italian seasoning
- 2 cloves garlic minced
- 1/2 onion diced
- salt
- pepper
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons chopped fresh parsley

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 70 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 610 milligrams
9. Sugar: 12 grams

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