|  |
| --- |
| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***Stuffed Green Peppers***  *Not Your Mama’s Kitchen*  *Variety Shopping List*  *MyPlate2Yours - Lynn Dugan* Serving Size: 2-4Ingredients 2 green peppers, halved with seeds removed  1 pound ground turkey  ½ cup Minute brown rice  1 small onion, finely diced, divided  1 stalk celery, finely diced  1 can (15 ounces) tomato sauce  1 teaspoon dried oregano  ½ teaspoon salt  ¼ teaspoon black pepper  1 clove garlic, minced  ¼ cup chopped fresh parsley (or 1 ½ tablespoons dried parsley)  ¼ cup shredded Parmesan cheese Directions 1. Place green peppers, cut side down, in a Pyrex baking dish. Fill with a ½-inch deep layer of water. Cover with a dish towel and place in microwave. Cook 5 minutes or until pepper is softened. Carefully drain water from dish and flip peppers.  2. Meanwhile, preheat oven to 350° F.  3. In a medium bowl, mix together ground meat, rice, salt & pepper, ½ onion, celery and ¼ cup tomato sauce. Equally divide the mixture amongst the 4 pepper halves and fill each half.  4. In a small bowl (or the tomato sauce can), combine the remaining tomato sauce, ½ onion, garlic, oregano, and parsley. Pour about 1 tablespoon of sauce on top of each pepper and the remaining sauce around peppers.  5. Add ¼ cup water to emptied tomato bowl or can, swirl to capture any tomato ‘residue’ and add to baking dish (around the peppers).  6. Cover baking dish with aluminum foil and place in middle of oven for 30 minutes.  7. Uncover, spoon some sauce over the peppers and sprinkle with cheese.  8. Bake for another 10 minutes, until internal temperature of ground turkey is 165°F. Enjoy! |