

Stuffed Peppers



Ingredients:

1/2-pound lean ground turkey, beef, or Italian sausage

1 onion, chopped (about 1 cup)

1 teaspoon dried oregano

1 (15-ounce) can spaghetti sauce

3 cups cooked brown rice

1 cup shredded mozzarella cheese, divided

4 green or red peppers (softball size)

Directions:

Preheat oven to 350°F.

Sauté sausage and onion in a large skillet over medium heat until browned and cooked to 155°F. Pour off any fat.

Stir in oregano, spaghetti sauce, rice, and 1/2 cup cheese.

Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13-inch baking dish.

Spoon sausage mixture into peppers, mounding on the top.

Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining 1/2 cup cheese on top. Continue to cook another 10 minutes.