



RECIPES

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Italian Stuffed Peppers

Serves 8 People | 15 minutes- prep time | 45 minutes- cooking time | 1 hour - total time

Ingredients:

- 4 bell assorted colored large bell peppers
- 1 tablespoon olive oil
- 1 pound ground turkey
- 1 medium onion, diced
- 2 cups mushrooms, sliced
- 1 tablespoon garlic, minced
- salt and pepper
- 1 teaspoon paprika
- 2 teaspoons Italian seasoning
- 2 tablespoons tomato paste
- 1 15 ounces can dice tomatoes with juice
- 1 cup Monterey jack cheese

Directions:

Preheat the oven to 400 degrees F.

Slice the peppers in half and remove all of the seeds from inside. Be sure to keep the stem of the pepper intact.

Now, place the peppers into a roasting pan or casserole dish and set aside.

Place a large pan over medium heat and add the olive oil. Once the pan has heated up, add in the ground turkey.

Now, using the back of a wooden spoon, break up the ground turkey. into small little chunks. Once your meat is almost cooked all the way through, add the onions, mushrooms, and minced garlic.

Cook together until the onions become translucent, it should take about four minutes.

Then, add the salt, pepper, paprika, Italian seasonings, and tomato paste. Cook for another two minutes.

After everything is well combined in your pan, add in the can of diced tomatoes, and continue to stir.

Finally, remove the pan from the heat and stuff your bell peppers with the meat filling. Around one cup of stuffing is perfect for each pepper.

Place the roasting pan or casserole dish in the oven and bake for 25 minutes or until the peppers are tender. Now, on top of the peppers, sprinkle on the cheese. Return back to the oven for another 10 minutes.

Once finished baking, remove the stuffed pepper from the dish and serve with rice and fresh greens.

Enjoy!

Recipe courtesy of Chef Will Coleman
www.chefwillcoleman.com
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