Ben's Original™ Long Grain & Wild Stuffed Sweet Peppers

TIME	30 min
INGREDIENTS	7 items
MAKES	4 servings

Sit down to a meal that’s as colorful as it is flavorful. Enjoy a sweet and savory mix of peppers and long grain rice.

INGREDIENTS

- 1 box Ben’s Original™ Long Grain & Wild Rice Fast Cook, prepared
- 4 medium red or yellow bell peppers, cut in half and seeds removed
- 1 Teaspoon cooking oil
- 4 ounces ground turkey
- 1/2 small onion, diced
- 2 cups frozen mixed vegetables, thawed
- 1 cup Monterey jack cheese, shredded

INSTRUCTIONS

1. Prepare rice according to package instructions.
2. Preheat oven to 375°F.
3. Heat 1 teaspoon cooking oil in a large skillet over medium-high heat. Add ground turkey and onions, cook and stir to break up for about 4-5 minutes, until turkey is cooked through. Add vegetables and cooked rice to the pan, stir to combine.
4. Place peppers into baking dish, cut side up and spoon stuffing into peppers. Sprinkle with shredded cheese and bake for about 20 minutes, or until peppers are soft, and cheese is melted.

Nutrition

- CALORIES: 380
- TOTAL FAT: 10g - 13%
- SATURATED FAT: 5g - 25%

- TRANS FAT: 0g
- CHOLESTEROL: 35mg - 12%
- SODIUM: 570mg - 25%
- TOTAL CARBOHYDRATES: 52g - 19%
- DIETARY FIBER: 4g - 14%
- TOTAL SUGARS: 9g
- PROTEIN: 20g

Categories:

Chicken/Turkey, Bake, 30-45 Min, Family-Friendly, Long Grain & Wild

MORE RECIPES LIKE THIS



Arroz Chino

Cooking time

20 min

Ingredients

11 items



Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items



Fully Loaded Jambalaya

Cooking time

20 min

Ingredients

9 items

Source URL:
https://www.bensoriginal.com/rice-recipes/long-grain-wild-stuffed-sweet-peppers