

Soylicious® Italian Stuffed Bell Peppers

Stuffed Bell Peppers are a beloved comfort food in our home. It's like meat loaf with a bonus. Not only are they easy to make, stuffed bell peppers are a great batch cooking food and freeze beautifully. These can be made with ground turkey or Impossible Sausage

INGREDIENTS:

3 large bell peppers (any color)
1 pound of ground turkey or Impossible Sausage
2 Tablespoons of finely chopped bell pepper
2 Tablespoons of finely chopped onion
2 Tablespoons of Italian Panko Crumbs
2 Teaspoons of chopped fresh garlic
½ of a 10-ounce can of Rotel (drained)

½ cup + 2 Tablespoons of cooked and rinsed black soybeans (reserve the 2 T to top off the stuffed pepper)
1/3 cup of cooked long-grain white or brown rice
1 cup of Parmesan Cheese (reserve 1/3 cup to top stuffed pepper)
¼ teaspoon garlic powder
¼ teaspoon of salt
2 Tablespoons of chopped fresh basil
1 egg - beaten

PREHEAT OVEN TO 350 F.

1. Wash bell peppers. Slice the bell peppers in half from top to bottom, splitting the stem in half.
2. Remove the seeds and membrane.
3. Slice a bit of the bell pepper off to make a total of 2 Tablespoons of finely chopped pepper to use in stuffing.
4. Chop your onion and garlic and set aside.
5. Spray a baking dish/pan lightly with Pam and place peppers face side up in the pan.
6. Place ground turkey or Impossible Sausage in a bowl and add the ingredients in the order listed and mix well.
7. Stuff each pepper, top with a few more black soybeans, and garnish with grated Parmesan Cheese.
8. Bake for one hour. Remove from oven and let cool for 5-10 minutes.

SERVES 6 Nutrition Facts for Soylicious® Italian Stuffed Bell Peppers (with turkey)

Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrates	Fiber	Total Sugars	Protein
353	16.6g	4.5g	114mg	436mg	20.1g	3.1g	5.2g	44.2g

Information is for one serving.