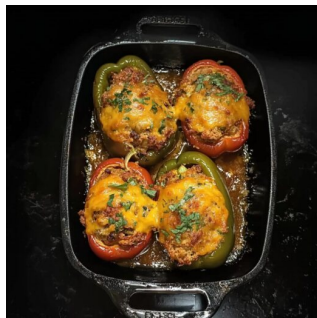


How to Make the Best Stuffed Bell Peppers (Beef or Turkey Option!)

Stuffed Bell Peppers - Flavorful & Hearty



OVEN
375°F

TIME
8 min

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INGREDIENTS

- 4 large bell peppers, tops removed, seeds and membranes discarded
- 1 lb ground beef (or ground turkey)
- 1 cup cooked rice
- 1 small onion, finely chopped
- 1 can (14.5 oz) diced tomatoes, drained
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 cup shredded cheese (cheddar, mozzarella, or your favorite)
- 1 tbsp olive oil

DIRECTIONS

- 1. Preheat Oven:** Preheat your oven to 375°F (190°C). Prepare your bell peppers by slicing off the tops and removing the seeds.
- 2. Cook the Filling:** Heat olive oil in a large skillet over medium heat. Add the ground beef (or turkey) and cook until browned, breaking it up with a spoon—about 6-8 minutes. Add chopped onion and cook for 3-4 more minutes until soft.
- 3. Add Rice & Seasoning:** Stir in the cooked rice, diced tomatoes, garlic powder, oregano, salt, and pepper. Cook for 2-3 minutes, letting the flavors meld. Remove from heat.
- 4. Stuff the Peppers:** Fill each bell pepper with the beef-rice mixture, packing it gently. Place stuffed peppers upright in a baking dish.
- 5. Bake Covered:** Cover the dish tightly with foil and bake for 30 minutes.
- 6. Add Cheese & Finish:** Remove foil, top each pepper with shredded cheese. Bake uncovered for 10 more minutes, until cheese is melted and bubbly.
- 7. Serve:** Let cool slightly before serving. Garnish with chopped parsley or serve with sour cream if desired.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-to-make-the-best-stuffed-bell-peppers-beef-or-turkey-option/>