

Cajun-Style Stuffed Bell Peppers That Bring Big Flavor to Dinner

4 large bell peppers, any color



OVEN
375°F

TIME
4 to 5 min

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INGREDIENTS

- 4 large bell peppers, any color
- 1 pound ground beef or ground sausage
- 1 cup cooked rice
- 1 small onion, diced
- 1/2 cup celery, diced
- 1/2 cup diced tomatoes
- 2 cloves garlic, minced
- 1 tablespoon Cajun seasoning
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon black pepper
- Salt, to taste
- 1 cup shredded cheddar or Monterey Jack cheese
- 1 tablespoon olive oil
- 2 tablespoons chopped parsley or green onions for garnish

DIRECTIONS

- 1.** Prep the peppers: Preheat your oven to 375°F. Slice the tops off the bell peppers and remove the seeds and membranes. If needed, trim the bottoms very slightly so they stand upright, being careful not to cut through. Place them in a baking dish.
- 2.** Cook the filling: Heat the olive oil in a large skillet over medium heat. Add the onion and celery and cook until softened, about 4 to 5 minutes. Stir in the garlic and cook for another 30 seconds.
- 3.** Add the ground beef or sausage and cook until browned, breaking it up as it cooks. Drain any excess grease if needed.
- 4.** Season and mix: Stir in the diced tomatoes, cooked rice, Cajun seasoning, smoked paprika, black pepper, and a pinch of salt. Let everything cook together for 2 to 3 minutes so the flavors combine well. Remove from the heat and stir in about half of the shredded cheese.
- 5.** Stuff the peppers: Spoon the filling evenly into the hollowed bell peppers, pressing it in gently so each one is nicely packed. Top with the remaining cheese.
- 6.** Bake until tender: Cover the baking dish loosely with foil and bake for 30 minutes. Remove the foil and bake for another 10 to 15 minutes, or until the peppers are tender and the cheese is melted and bubbly.
- 7.** Garnish and serve: Top with chopped parsley or green onions and serve warm.

SWAPS & NOTES

Ground sausage gives these peppers an especially rich, Southern-style flavor, but ground beef works beautifully too.

You can also use a mix of both for even more depth.

If you have leftover rotisserie chicken or cooked turkey, those can work in a pinch, though the texture will be a little different.

For the rice, white rice is classic, but brown rice or even cauliflower rice can be used if you want to switch things up.

TIPS FOR SUCCESS

The key to great stuffed peppers is making sure the filling is flavorful before it ever goes into the peppers.

Taste the filling mixture and adjust the seasoning as needed so the final dish does not fall flat.

If you like softer peppers, you can blanch them in boiling water for a couple of minutes before stuffing.

If you prefer them with a little more structure, skip that step and let the oven do all the work.

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

Original recipe: <https://chefmaniac.com/cajun-style-stuffed-bell-peppers-that-bring-big-flavor-to-dinner/>