

Stuffed Pepper Casserole

Servings 6 servings

Prep Time 10 mins

Cook Time 40 mins

Total Time 50 mins

Ingredients

- 2 tablespoons olive oil
- 1 ½ pounds lean ground beef or ground italian sausage or ground turkey (can mix in total)
- 1 yellow onion diced
- 1 medium red bell pepper diced
- 1 medium yellow bell pepper diced
- 1 medium green bell pepper diced
- 3 cloves garlic minced
- 1 teaspoon Italian seasoning
- 2 teaspoons Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 14 ounces canned diced tomatoes or sauce
- 1 cup long grain white rice
- 1 ½ cups beef broth
- 1 cup shredded cheese cheddar, mozzarella, or both
- parsley for garnish, optional

Instructions

1. Preheat the oven to 350°F/180°C. In a pan, or in an oven resistant skillet over medium-high heat, heat olive oil then add ground beef (or sausage). Saute while breaking it with a spatula until it's no longer pink. Drain the fat, then add the onion, and bell peppers. Cook for 2-3 minutes.
2. Add garlic, italian seasoning, worcestershire sauce, salt, and pepper. Cook for 30 seconds. Add diced tomatoes and stir it in.
3. Add uncooked rice, and beef broth. Stir and bring to a boil, then cover with a lid (or foil if using a glass 9x13 casserole dish that doesn't have a lid).
4. Place in the oven for 20-25 minutes. It's ready to be removed when the rice is cooked through (I try the rice at 20 minutes and see if it still has a crunch). If not ready, return to the oven and add a splash of water IF necessary and cook for 5 more minutes.
5. Remove from the oven, and sprinkle with shredded cheese.
6. Then return to the oven and place under the broiler for 3-5 minutes or until the cheese has melted and bubbly. Garnish with fresh parsley and serve.

Notes

- If you choose an oven-proof skillet, you can make this entire meal in the same pan! Otherwise, transfer the mixture to a shallow 3.5-quart casserole dish (a 9x13-inch Pyrex works well) before baking.
- Add additional flavor by using fire-roasted diced tomatoes or Rotel in place of regular diced tomatoes.
- The Rice May Need Extra Time, so be sure to test it at the end of the 20 minutes. If it's still a bit crunchy, you can add a splash of water or broth and put it back in the oven for 5 minutes until it's done.
- To Store: Keep leftovers in an airtight container in the fridge. Stuffed pepper casserole will stay fresh for up to 4 days.
- To Reheat: Use the microwave to reheat the casserole quickly, or add servings to a pot and heat over medium-low heat until warmed through.

- To Freeze: This casserole can be frozen for up to 3 months. Either freeze the whole thing after baking or freeze individual servings in freezer containers. Let thaw overnight before following reheating above.
- To Make Ahead: Cook the recipe through step 3. Allow the pepper, meat, and tomato mixture to cool, and store in the fridge for up to 2 days. When you're ready to make dinner, start from step 4, baking.