



*Egg Free • Gluten Free
Nut Free • No Added Sugar*

Stuffed Bell Peppers with Ground Venison



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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. www.LiveWellAlabama.com
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INGREDIENTS

Cooking spray
1 pound ground venison
4 button mushrooms, chopped
2 ribs celery, sliced thinly
1 medium onion, chopped
2 cans petite diced tomatoes with juice, 14.5 ounces
2 tablespoons concentrated tomato paste
1 tablespoon garlic powder
2 tablespoons Italian seasoning
1 teaspoon salt
1 teaspoon black pepper
1 tablespoon parsley, dried
1½ cups cooked long grain rice
6 bell peppers
1 cup shredded Monterey Jack cheese

TIPS

- Add red pepper flakes during cooking to spice it up!
- Venison, or deer meat, is rich in protein and iron and low in fat. If you don't have venison, use any ground meat you like.

DIRECTIONS

1. Preheat oven to 350 degrees F, and spray large skillet with cooking spray.
2. In skillet, over medium heat, cook ground venison 5 minutes or until cooked almost through.
3. Add mushrooms, celery, and onions, and cook until vegetables are tender.
4. Stir in diced tomatoes, tomato paste, garlic powder, Italian seasoning, salt, pepper, parsley, and cooked rice. Cook for another 5 minutes or until the rice is warmed through.
5. Cut off tops of peppers and spoon out ribs and seeds. Rinse. Lightly sprinkle insides of peppers with salt and place in microwave-safe dish with ¼ cup water. Cover with plastic wrap and microwave for 5 minutes or until peppers start to soften.
6. Transfer to 3-quart or 9x13-inch baking dish. Fill peppers with cooked meat and rice mixture.
7. Sprinkle cheese on top and bake 20 minutes or until peppers are tender and cheese is melted.

Main Dish | Serves 6