

## Stuffed Pepper Casserole



### Ingredients:

- 4 cups cooked brown rice
- 1 TBS olive oil
- 1 large onion diced
- 2-3 green peppers diced
- 6 cloves minced garlic
- 1 pound ground turkey (97% fat free)
- Salt and pepper to taste
- 2 cans diced tomatoes drained with juice reserved
- 2 Tsp parsley
- 2 cups shredded Monterey Jack Cheese
- 1 cup ketchup

### Directions:

1. Preheat oven to 350 degrees.
2. Brown onions and green peppers in olive oil.
3. Brown turkey and garlic with onions and green pepper, season to taste with salt and pepper.
4. Mix rice, turkey mixture, tomatoes, parsley and 1 cup cheese and put in a 9x13 pan.
5. In a bowl, combine ketchup with tomato juice.
6. Pour over casserole and top with remaining cheese.
7. Bake 30-40 min or until heated through.