

# TURKEY AND RICE STUFFED PEPPERS

Preparation: 15 minutes | Cooking: 2.5 hours | Servings: 6

## INGREDIENTS:

8 ounces lean ground turkey  
2 cloves garlic  
2 cups shredded part-skim mozzarella cheese  
1 1/2 cups short-grain brown rice  
1/2 cup walnuts  
1/2 cup fresh dill  
1/2 cup fresh parsley  
1/2 cup crumbled feta cheese  
1/4 cup dried currants or golden raisins

1 tablespoon fresh lemon juice

1 teaspoon grated lemon zest

Freshly ground pepper

Kosher salt

### Sauce:

1 (15-ounce) can tomato puree

1 cinnamon stick

1 tablespoon plus 1 teaspoon packed brown sugar

1 tablespoon extra-virgin olive oil



## INSTRUCTIONS

Make the peppers: Combine 2 1/2 cups water, the rice, currants and 1/4 teaspoon salt in a medium saucepan. Bring to a boil, then reduce the heat to low; cover and simmer until the water is absorbed, about 45 minutes. Let stand, covered, 10 minutes. Fluff with a fork, then transfer to a large bowl to cool, about 20 minutes.

Meanwhile, preheat the oven to 350 degrees Fahrenheit. Spread the walnuts on a baking sheet and roast until lightly golden, 6 to 8 minutes; let cool, then finely chop. Pile the dill, parsley and scallions on a cutting board and finely chop. Cut off the top of each bell pepper and reserve the tops; discard the seeds and white membranes. Put the turkey in a large bowl; add 1 cup mozzarella, 1/4 cup feta, the rice mixture, walnuts, all but 2 tablespoons of the chopped herbs, the garlic, lemon juice, lemon zest, 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Gently mix with your hands. Stuff each bell pepper evenly with the turkey-rice mixture; cover with the pepper tops. Make the sauce: Whisk 3 cups water, the tomato puree, brown sugar, olive oil and cinnamon stick in a wide, deep saucepan. Arrange the stuffed peppers upright in the sauce. Bring the sauce to a simmer over medium-high heat. Cover and reduce the heat to medium-low; simmer until the peppers are soft and the filling is cooked through, 50 to 60 minutes. Preheat the broiler. Carefully remove the peppers from the sauce and transfer to a flameproof baking dish; remove the tops and set them aside in the baking dish. Toss the reserved 2 tablespoons chopped herbs with the remaining 1 cup mozzarella and 1/4 cup feta in a small bowl and sprinkle over the filling. Broil until melted, about 2 minutes. Replace the pepper tops. Season the sauce with salt and pepper. Serve the peppers in shallow bowls with the sauce.