



## Grilled Stuffed Peppers

★★★★★ 5 from 5 votes

Grilled stuffed peppers with sausage, brown rice, tomatoes, and cheese, cooked to perfection on the grill. Healthy, hearty, and full of Italian flavor!

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<b>PREP:</b>	<b>COOK:</b>	<b>TOTAL:</b>
5 mins	25 mins	30 mins

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**SERVINGS:** 4 servings

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### Ingredients

- 4 large red bell peppers
- 2 teaspoons [extra virgin olive oil](#)
- 1 pound uncooked Italian chicken sausage or turkey sausage *bulk or removed from casings\**
- 1 teaspoon [Italian seasoning](#)
- 1/4 teaspoon red pepper flakes *optional*
- 1 can no salt added diced tomatoes *with juices; 15 ounces*
- 1 tablespoon red wine vinegar
- 1 1/2 cups cooked brown rice *farro, quinoa, cauliflower rice, or orzo (if using orzo, undercook it slightly)*
- 1 cup shredded Mozzarella *provolone or a mix*
- 1/2 cup Parmesan *divided*
- 2 tablespoons chopped fresh basil

### Instructions

- 1 Preheat the grill to medium high (about 475 to 500 degrees F). Slice the bell peppers in half from top to bottom. Remove the seeds and membranes then place them in a 9x13-inch baking dish (this will be your vessel for easily getting the peppers on and off the grill).

- 2 Make the pepper filling: heat the olive oil in a large, nonstick skillet over medium-high heat. Add the sausage, Italian seasoning, and red pepper flakes. Cook, breaking apart the meat, until the chicken is browned and cooked through, about 4 minutes.
- 3 Pour in the can of diced tomatoes and their juices. Stir in the vinegar. Let simmer for 1 minute.
- 4 Remove the pan from the heat. Stir in the rice and 1/2 cup of the Mozzarella and 1/4 cup of the Parmesan.
- 5 Lightly oil the heated grill. Grill the peppers on both sides until they just begin to turn fork tender but still have some crispness, about 6 to 8 minutes. Return them to the baking dish, cut-side up.
- 6 Mound the filling inside of the peppers. Keep the remaining cheese handy so that you can top the peppers in their last few minutes of grilling.
- 7 Lower the grill to medium (about 350 to 375 degrees F). Return the peppers to the grill, lifting them carefully so that the filling stays inside. You also can grill the stuffed peppers on a sheet of aluminum foil coated with nonstick spray or a grilling mat or grate if you prefer.
- 8 Grill, moving the peppers around a bit periodically, until they are completely fork tender, about 20 additional minutes. I leave the lid down unless I am moving the peppers.
- 9 During the last few minutes of cooking, sprinkle the peppers with the remaining 1/2 cup Mozzarella and 1/4 cup Parmesan and let melt.
- 10 Carefully transfer the peppers back into the baking dish. Sprinkle with fresh basil. Enjoy hot.

## Notes

- \*If you can't find turkey or chicken sausage, try swapping regular pork sausage. You also can use plain ground chicken or turkey, though if you do, I suggest amping up the spices by adding a bit of additional Italian seasoning, salt, pepper, and red pepper flakes.
- **TO STORE:** Leftover peppers can be stored in an airtight storage container in the refrigerator for up to 4 days.
- **TO REHEAT:** Gently rewarm stuffed peppers in a baking dish in the oven at 350 degrees F or slowly in the microwave (I sometimes cut the peppers in half first when microwaving to help them cook more evenly).
- **TO FREEZE:** Place grilled peppers in an airtight freezer-safe storage container in the freezer for up to 3 months. Let thaw overnight in the refrigerator before reheating.

## Nutrition

**SERVING:** 1(of 4)

**PROTEIN:** 31g

**CHOLESTEROL:** 91mg

**SUGAR:** 10g

**CALCIUM:** 348mg

**CALORIES:** 457kcal

**FAT:** 22g

**POTASSIUM:** 632mg

**VITAMIN A:** 4307IU

**CARBOHYDRATES:** 33g

**SATURATED FAT:** 10g

**FIBER:** 5g

**VITAMIN C:** 190mg

**IRON:** 13mg

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