



Slow-Cooker Turkey & Quinoa Stuffed Peppers



This recipe calls for:

Tomato, Garlic & Onion Sauce

Prep time

20 minutes

Cook time

3 hours

Servings

4

Ingredients

- 6 large red, yellow or orange bell peppers
- 1 tablespoon olive oil
- 1 pound sweet or hot turkey Italian sausage, removed from casing
- 1 small red onion, chopped
- 1 cup uncooked quinoa
- 1 jar (24 ounces) RAGÚ® Tomato, Garlic & Onion Sauce, divided
- 1 can (14.5 ounces) chicken broth, divided
- Parmesan cheese
- Finely chopped Italian parsley

Instructions

1. Cut ½-inch off top of each pepper. Remove stem; chop remaining pepper top into ½-inch pieces.
2. Heat oil in large skillet on medium heat. Cook sausage 4-5 min. or until browned, breaking up large pieces with wooden spoon. Add chopped peppers and onions. Cook 3-4 min. or until crisp-tender. Stir in quinoa, 1-1/2 cups sauce and 1 cup broth. Bring mixture to a boil.
3. Add remaining sauce and broth to slow cooker insert. Cut a thin slice off bottoms of each pepper so they stand upright. Arrange pepper bottoms snugly in slow cooker. Fill peppers evenly with quinoa mixture; cover with lid. Cook 3 hours on HIGH (or 6 hours on LOW) or until peppers are softened and quinoa is tender.
4. Top each pepper with cheese and parsley before serving.

There is no need to pre-cook the quinoa before stuffing the peppers because it will steam as it cooks. Make this protein-packed dish vegetarian by substituting plant-based sausage and vegetable broth for the turkey sausage and chicken broth.