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Smoky Stuffed Peppers

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Ingredients

- * 6 large pepper, bell, any color, tops cut off, seeded
- * 12 ounce(s) sausage, Italian turkey, hot, links, removed from casings
- * 1 1/2 cup(s) broth, reduced-sodium chicken
- * 4 medium tomato(es), plum, chopped
- * 2 cup(s) rice, brown, instant
- * 1 cup(s) basil, fresh, chopped
- * 1 cup(s) cheese, smoked mozzarella, (or smoked cheddar or Gouda), finely shredded, divided



Recipe Tip:

Always buy broth in cardboard containers instead of cans.

Preparation

1. Position rack in upper third of oven; preheat broiler.
2. Place peppers cut-side down in a large microwave-safe dish. Fill the dish with 1/2 inch of water, cover and microwave on High until the peppers are just softened, 7 to 10 minutes. Drain the water and transfer the peppers to a roasting pan.
3. Meanwhile, cook sausage in a large nonstick skillet over medium-high heat, breaking it up into small pieces with a wooden spoon, until cooked through, about 5 minutes.
4. Stir in broth, tomatoes and rice; increase heat to high and bring to a simmer. Cover, reduce heat to medium-low and simmer until the rice is softened but still moist, 5 minutes. Remove from the heat and let stand, covered, until the rice absorbs the remaining liquid, about 5 minutes.
5. Stir basil and half the cheese into the rice mixture. Divide the filling among the peppers, then top with the remaining cheese. Broil until the cheese is melted, 2 to 3 minutes.