

Illinois Extension



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Venison Stuffed Peppers



Prep: 40 minutes
Cook: 30-40 minutes
Servings per Recipe: 6
Serving Size: 1 stuffed pepper half

Nutrition Facts
Calories : 140
Fat : 3 g
Sodium : 300 mg
Total carbohydrate : 15 g
Fiber : 3
Protein : 13 g

Ingredients

- 1/4 cup dry white rice
- 3 large green bell peppers
- 1/2 pound ground venison
- 1/2 Tablespoon oil
- 1/4 cup diced onion
- 1 (15-ounce) can diced tomatoes, undrained, divided in half
- 1 clove garlic, minced
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup shredded mozzarella cheese

Preparation

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Prepare a 8x8-inch baking pan with non-stick cooking spray.
3. Cook rice according to package directions. Set aside.
4. Gently rub bell peppers under cold running water. Cut in half from top to bottom, creating pepper “boats.” Remove stem and seeds. Add pepper “boats” to a 13x9-inch baking dish facing up. Set aside.
5. In a small pot or skillet over medium heat, add ground venison, oil, and onion (see note below). Wash hands with soap and water. Cook, breaking

meat into small pieces, until meat is browned 1
off heat.

6. Stir cooked rice, half of the tomatoes (with some of juices), garlic, and seasonings into meat.
7. Divide meat mixture evenly between each pepper. Top mixture with remaining tomatoes. Cover pan with foil.
8. Bake for 30-40 minutes or until peppers are tender.
9. Remove foil and sprinkle cheese over peppers. Bake uncovered for 3-5 minutes or until cheese melts.
10. Refrigerate leftovers within 2 hours. Eat leftovers within 4 days.

Note:

- If venison is ground with added fat, do not add oil in recipe. Drain any excess fat and return meat to pan.
- Recipe can be prepared with ground turkey, chicken, pork, beef, or meatless crumbles if venison is not available.
- Recipe developed and shared by [Hunters Feeding Illinois](#).