

## Turkey Stuffed Peppers

*Peperoni Ripieni di Tacchino*

From the website "Lidia's Italy"

By Lidia Bastianich

### **Ingredients**

3 tablespoons extra-virgin olive oil  
1 large onion, finely chopped  
3 cups tomato passata  
1 teaspoon dried oregano, preferably Sicilian oregano on the branch  
Kosher salt  
3 fresh bay leaves  
4 cups day-old bread cubes (from a sturdy loaf)  
1 medium carrot, shredded  
1 medium zucchini, shredded  
1 cup freshly grated Grana Padano  
1/4 cup chopped fresh Italian parsley  
2 large eggs, beaten  
Freshly ground black pepper  
1 1/2 pounds ground turkey (93/7)  
6 medium red, yellow or orange bell peppers

### **Directions**

1. Heat a large Dutch oven (large enough to hold the peppers) over medium heat. Add the olive oil. When the oil is hot, add the onion, and cook until it's tender, about 8 minutes. Add the passata, and rinse out the bottle with 2 cups water, adding the water to the pot. Then add the oregano, 1 teaspoon salt, and the bay leaves. Bring to a simmer, and let cook while you stuff the peppers.
2. Put the bread cubes in a bowl, and add warm water to cover. Let them soak until they're just softened, about 5 minutes. Squeeze out the excess water, and place the bread in a large bowl. Put the carrot and zucchini in a dish towel, and wring out any excess moisture. Add them to the bowl, along with the grated cheese, parsley, and eggs. Season the mixture with 1 teaspoon salt and several grinds of black pepper. Crumble in the turkey, and mix all to combine.
3. Cut the tops from the peppers, and remove the seeds and ribs. Divide the stuffing among the peppers. (If you have any leftover stuffing, depending on the size of your peppers, make the remainder into a few meatballs, and bake them on a sheet pan at 350 degrees for 15 minutes to set them, then cook them alongside the peppers in the sauce.) Nestle the peppers in the sauce, adjust the heat so the sauce is simmering around them, and cover. Cook until the peppers are tender and the filling is cooked through, 45 minutes to 1 hour. Pluck out the bay leaves and serve.