



## *Kitchen Cheat Sheet: Skillet Stuffed Pepper Casserole*

### *Tips and Time Savers*

- Brown rice and white rice have different cooking times and soak up different amounts of liquid. For the best results, be sure to use uncooked, instant white rice (Minute rice) only.
- When shopping, pick large bell peppers that are shiny and firm. Avoid any with wrinkled skin—they're old and won't have as much flavor.
- If you don't have a large skillet, a Dutch oven will work for stuffed pepper casserole, too. Just be sure to use one that has a matching (or at least a well-fitting) lid.
- Pop the skillet under the broiler for a few minutes if you want the cheese to get bubbly and a little golden. Totally optional, but delicious!

### *Storage*

- Let the casserole cool to room temperature, then spoon it into an airtight container or freezer-safe bag. Split it into smaller containers/bags to make individual-sized meals. **Refrigerate for up to four days.** Reheat big portions in the skillet over medium heat, or simply pop it in the microwave.
- **Freeze** the cheesy stuffed pepper casserole for up to three months. It's best to let the leftovers thaw in the fridge (generally overnight is enough time) before reheating.

### *Variations*

- I used orange, yellow, and red bell peppers, but you can add green bell peppers if you'd like. Green peppers aren't as sweet, but still tasty.
- Beef is good but this easy recipe is just as delicious when made with ground turkey, Italian sausage, pork, or ground chicken.
- Feel free to use homemade stewed tomatoes instead of Rotel.
- If you already have mild cheddar cheese slices in the fridge, they'll work just fine in place of the provolone.
- Make a dairy-free stuffed pepper skillet casserole by leaving off the cheese altogether, or using a favorite dairy-free alternative.
- Adding spinach is my favorite, easy way to sneak more veggies into a meal (and use up wilting greens.) It shrinks down so no one will notice it!

## FAQs

### **Can I use regular rice instead of instant rice?**

Not in this version. Regular rice takes longer and needs more liquid, and this whole recipe is built for speed. If you want to use it, you're basically making a different recipe.

### **Can I make this ahead of time?**

Absolutely. It reheats like a dream and might even taste better the next day—like it had time to get its life together overnight.

### **Can I freeze it?**

Yes. Let it cool, portion it out, and freeze for up to 3 months. Thaw in the fridge and reheat when future-you needs a win.

### **What can I use instead of V-8 juice?**

Broth works, but add a little tomato paste or extra seasoning so it doesn't taste like it gave up halfway through.

### **Can I use a different meat?**

Ground turkey, chicken, sausage—go for it. Just know beef brings the most flavor, and the others may need a little extra seasoning to keep up.

### **Do I have to add cheese?**

No... but also yes. You can skip it, but the cheese is what turns this from “good dinner” into “everybody suddenly quiet at the table.”