STUFFED PEPPERS

PREP TIME: 10 min | COOK TIME: 30 min | SERVINGS: 4

INGREDIENTS

- 4 bell peppers
- ½ lb ground meat
- 1 can beans, drained and rinsed (optional)
- 2 cups cooked rice
- 1 cup tomato sauce
- ½ cup shredded cheese, optional
- 1 tsp garlic powder
- 1 tsp chili powder
- ½ tsp black pepper

PREPARATION

1. Preheat oven to 375 degree. Cut the tops off the peppers and remove the seeds. Place peppers upright in a baking dish.
2. Brown the ground meat in a skillet over medium heat. Stir in beans, cooked rice, ½ cup tomato sauce, garlic powder, chili powder and black pepper. Cook for 3-5 minutes.
3. Spoon the mixture into each pepper. Pour the remaining tomato sauce over or around the peppers.
4. Cover with foil and bake for 30-35 minutes until the peppers are tender. Remove the foil, sprinkle with cheese, and bake for another 5 minutes.



NUTRITION NOTES

Bell peppers provide vitamin C, while beans and meat provide iron and protein. Vitamin C can help your body absorb iron from the meat and beans. Adding beans also provides fiber and helps stretch the meat for a filling meal.