

Stuffed Bell Peppers

Rating: ★★★★★

Makes: 5 Servings

Ingredients

- 5 bell peppers (red, orange, yellow, or green)
- 1 pound ground beef, 90% lean
- 3/4 cup brown rice
- 1/2 can diced tomatoes, low-sodium
- 3 tablespoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon pepper

Directions

1. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.
2. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture.
3. Place the stuffed bell peppers in large stock pot on stove, with the tops facing up. Add 1-inch water to bottom of pot and cover.
4. Place heat on medium, keeping covered for 30-40 minutes until rice is done. Serve.

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	224	
Total Fat	8 g	12%
Protein	19 g	
Carbohydrates	18 g	6%
Dietary Fiber	4 g	16%
Saturated Fat	3 g	15%
Sodium	161 mg	7%

MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1/2 ounce
Protein Foods	2 ounces