

Spicy Green Peppers & Ground Beef

Makes: 6 Servings

Fresh green peppers perk up this recipe. Green peppers can be cooked using many different methods, and are often added to dishes like this ground beef skillet meal.

Ingredients

- 1 pound** ground beef
- 2 cloves** garlic (crushed)
- 1 cup** water
- 1 cup** tomato sauce (low-sodium)
- 1 can** diced tomatoes (undrained, about 14 ounces)
- 1** green pepper (washed and cut into 1/4 inch strips)
- 1** medium onion (chopped)
- 1 teaspoon** Italian seasoning
- 3/4 teaspoon** black pepper
- 2 cups** rice (cooked)

Directions

1. In a large skillet, brown the beef and add garlic; drain and set beef aside in separate bowl.
2. In the same skillet, combine water, tomatoes, green pepper, onion, Italian seasoning, and pepper and bring to a boil.
3. Reduce heat and cook, uncovered, until vegetables are tender.
4. Stir in rice and beef and heat through.
5. Cover and bake for 30 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	340	
Total Fat	11 g	
Protein	23 g	
Carbohydrates	35 g	
Dietary Fiber	3 g	
Saturated Fat	4 g	
Sodium	150 mg	