

Stuffed Peppers

Serves 8

Ingredients:

- 24 ounces canned/pouch beef
- 1 onion, chopped
- 1 teaspoon dried oregano
- 1 (15-ounce) can spaghetti sauce
- 3 cups cooked brown rice
- 1 cup low-fat mozzarella cheese, shredded, divided
- 4 green or red peppers



Directions:

1. Preheat oven to 350 degrees F.
2. Cook beef and onion in a large skillet over medium heat until browned. Pour off any fat.
3. Stir in oregano, spaghetti sauce, rice, and ½ cup cheese.
4. Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13 inch baking dish.
5. Spoon all the beef mixture evenly into the pepper halves. Gently press mixture into the peppers so that it sticks together.
6. Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining ½ cup cheese on top. Continue to cook another 10 minutes.

Nutrition Facts	
8 servings per container	
Serving size 1/2 Pepper (303g)	
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 630mg	27%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3mg	15%
Potassium 581mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe adapted from Montana State

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