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Stuffed Bell Peppers

INGREDIENTS:

- 1 pound lean ground beef or turkey
- 1/3 cup finely chopped onion
- 1 (15 oz.) can no-salt-added tomato sauce, divided
- ¼ cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant brown rice
- 4 medium green bell peppers

DIRECTIONS:

- 1. Preheat oven to 350°F.
- 2. In saucepan, brown meat and onion; drain.
- 3. Stir in ½ can tomato sauce, water, salt and pepper. Simmer 2-3 minutes.
- 4. Stir in rice; cover and let sit for 5 minutes.
- 5. Wash green peppers. Cut around the stem of the peppers. Remove seeds and the pulpy part of the peppers.
- 6. Stuff each pepper with the mixture and place in casserole dish.
- 7. Pour the remaining tomato sauce over the green peppers.
- 8. Cover with foil and bake for 30 minutes.

Source: Cooking with Extension / **Yield:** 4 servings I 260 Calories per serving. Total fat 7g; Total carbohydrate 24g; Dietary fiber 3g, Sodium 410mg.



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