



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
- ½ 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 | 260 Calories per serving. Total fat 7g; Total carbohydrate 24g; Dietary fiber 3g, Sodium 410mg.