

INGREDIENTS

1/4 cup Wild Rice
 1 tablespoon Extra Virgin Olive Oil
 1 Yellow Onion
 1 tablespoon Tomato Paste
 1 1/2 teaspoons Minced Garlic 8 Oz
 8 ounces 80%Lean 20%Fat Ground Beef 4.5lb Tray
 7 ounces Canned Diced Tomatoes
 1 teaspoon Dried Oregano
 3 Orange Bell Peppers
 1/2 teaspoon Sea Salt
 1/2 teaspoon Ground Black Pepper
 1/2 cup Shredded Cheddar Cheese

NUTRITION INFORMATION PER SERVING

Protein 22g	Sodium 677mg
Total Fat 26g	Saturated Fat 10g
Carbs 25g	Fruits 0 servings
Calories 419kcal	Vegetables 1.62 servings
Fiber 5.7g	Added Sugar 0g

Classic Stuffed Peppers

⌚ 15 MINS PREP | ⌚ 45 MINS COOK | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 400 degrees.
2. In a small saucepan, prepare rice according to package instructions. In a large skillet, add olive oil and heat. Add onion and cook until soft and translucent, about 5 minutes. Stir in tomato paste and garlic, and cook for an additional minute. Add ground beef and cook through, until no longer pink, about 5-7 minutes. Drain excess fat.
3. Combine cooked ground beef mixture, rice, and diced tomatoes, and add oregano, salt, and pepper. Mix well, and let simmer for about 5 minutes. Cut tops off of peppers and remove seeds. Add a small amount of water to the bottom of a dishpan, and place peppers in dish pan, cut side up. Fill each pepper with ground beef mixture and top with cheddar. Cover baking dish with foil. Bake bell peppers until tender, about 30-35 minutes. Uncover and bake an additional 10 minutes, until cheese is bubbly. Serve warm.

