

Deconstructed Stuffed Peppers

- 1 pound lean ground beef
- 2 cups green peppers, fresh or frozen, chopped in 1/2 to 1-inch pieces
- 3 cloves garlic, finely chopped
- 2 cups cooked brown rice or other grain
- 3 cups prepared spaghetti sauce
- 1-1/4 cups shredded Italian cheese blend



1. Preheat oven to 350°F. Spray a 2-quart microwaveable, ovenproof casserole with nonstick vegetable spray.
2. Brown ground beef until no longer pink. Add peppers and garlic and continue to cook until beef browns. Drain well.
3. Stir rice, spaghetti sauce, and 3/4 cup cheese into ground beef mixture. Transfer mixture to prepared casserole. Top with remaining 1/2 cup cheese.
4. Bake, uncovered, 25 minutes.

Serves 7.

Nutrition Facts		
Servings per recipe: 7		
Calories 453	Calories from fat 225	
% Daily Value		
Total Fat 25g	38%	
Saturated Fat 6g	31%	
Cholesterol 69mg	23%	
Sodium 841mg	34%	
Carbohydrate 34g	11%	
Dietary Fiber 5g	21%	
Protein 22g	44%	
Vitamin A: 36%	Vitamin C: 84%	Folacin: 10%
Calcium: 25%	Iron: 13%	Potassium: 20%

Modified from original source: Kraft Food and Family, spring, 2010.
 Barbara Brown, Food Specialist
 Oklahoma Cooperative Extension Service