

Stuffed Peppers

6 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 900 g Peppers (sweet, red, raw)
- 450 g Beef (ground, lean, raw)
- 3/4 cup Rice (white, long-grain, regular, raw, enriched)
- 1 cup Tomatoes (canned, red, ripe, diced)
- 1 cup Tomato products (canned, sauce)
- 1/2 cup, sliced Onions (raw)
- 2 clove Garlic (raw)
- 113 g Cheese (cheddar)
- 1 tsp, leaves Spices (oregano, dried)
- 1 tsp Salt (table)
- 1/2 × 5 ml whole Spices (pepper, black)

Instructions

1. Cook the rice according to package directions. Set aside.
2. Preheat oven to 375°F (190°C). Cut the tops off the bell peppers and remove the seeds and membranes.
3. In a skillet, cook the onion and garlic in a splash of oil for 3 minutes. Add the ground beef and cook until browned, about 7 minutes. Drain excess fat.
4. Stir in the cooked rice, diced tomatoes, oregano, salt, and pepper. Mix well.
5. Spoon the filling into each pepper. Place upright in a baking dish. Pour the tomato sauce over and around the peppers.
6. Cover with foil and bake 35 minutes. Remove foil, top each pepper with shredded cheddar, and bake 10 minutes more until the cheese is melted and peppers are tender.