Stuffed Bell Peppers

Makes: 5 Servings

Ingredients

5 bell peppers (red, orange, yellow, or green)
1 pound ground beef, 90% lean
3/4 cup brown rice
1/2 can (15.5 oz can) diced tomatoes, low-sodium
3 tablespoons lemon juice
1/4 teaspoon cinnamon
1/4 teaspoon allspice
1/4 teaspoon pepper

Directions

1. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.
2. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture.
3. Place the stuffed bell peppers in large stock pot on stove, with the tops facing up. Add 1-inch water to bottom of pot and cover.
4. Place heat on medium, keeping covered for 30-40 minutes until rice is done. Serve.

Nutrition Facts

5 servings per container
Serving size **1 Pepper (335g)**

Amount per serving
Calories **240**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 70mg	**3%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 4g	**14%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 21g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 408mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Total Cost: $6.82
Serving Cost: $1.36

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

4/2020

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This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
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Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.