



2 Servings



stuffed peppers with seasoned ground beef

Ingredients

| | |
|-----------------------|-------------------|
| lean ground beef | 8 oz (224 grams) |
| green pepper | 2 medium |
| white rice (cooked) | 1 Cup(s) |
| tomato sauce, no salt | 16 oz (448 grams) |
| worcestershire sauce | 1 Tbsp |
| garlic powder | 1 tsp |
| onion powder | 1 tsp |

Nutrition Totals

Calories 762 / **Carbs** 102 g / **Protein** 62 g / **Fat** 13 g / **Fluid** 944 g

Instructions

1. Preheat oven to 350 degrees F.
2. In a skillet over medium heat, cook the beef until evenly browned, crumbling with spoon into small pieces.
3. Remove and discard the tops, seeds, and membranes of the bell peppers.
4. Arrange peppers in a baking dish with the hollowed sides facing upward.
5. In a bowl, mix the browned beef, cooked rice, 8 oz tomato sauce, Worcestershire sauce, garlic powder, and onion powder. Add salt and pepper to taste.
6. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
7. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

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Nutrition Label

| Stuffed Peppers With Seasoned Ground Beef | | |
|--|----------|-----------------------|
| Amount Per Serving | | |
| Calories | | 381 |
| | | % Daily Value* |
| Total Fat | 6.6g | 10% |
| Saturated Fat | 3.4g | 17% |
| Trans Fat | 0.3g | |
| Cholesterol | 88.8mg | 30% |
| Sodium | 209.5mg | 9% |
| Total Carbohydrates | 50.9g | 17% |
| Dietary Fiber | 6g | 24% |
| Total Sugar | 13.4g | |
| Protein | 30.8g | |
| Vitamin D | 3.3IU | 1% |
| Calcium | 69.1mg | 7% |
| Iron | 7.4mg | 41% |
| Potassium | 1472.4mg | |

* The % Daily Value (DV) 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.