

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 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 a large stock pot on the stove, with the tops facing up. Add 1-inch water to the bottom of the pot and cover.
4. Place heat on medium, keeping covered for 30-40 minutes until rice is done. Serve.

Total Cost: \$6.82

Serving Cost: \$1.36

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



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.

community
education



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.