

Healthier Stuffed Peppers

Jacob · 28/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

6

Description

This healthy stuffed peppers recipe uses an assortment of colored peppers lean ground beef brown rice fresh onion garlic and natural tomato sauce So colorful and healthy

Ingredients

- - 1 cup water - ½ cup brown rice - 1 pound lean ground beef - 1 onion
- chopped - 2 cloves garlic
- minced - 2 green bell peppers - 2 red bell peppers - 2 yellow bell peppers - 2 (8 ounce) cans natural tomato sauce - 1 tablespoon Worcestershire sauce - salt and ground black pepper to taste - 1 teaspoon Italian seasoning - ¼ cup grated Parmesan cheese
- optional

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Bring water and brown rice to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until rice is tender and liquid is absorbed
4. 45 to 50 minutes. Meanwhile
5. warm a large skillet over medium heat. Add beef
6. onion
7. and garlic to the hot skillet; cook and stir until meat is evenly browned and onion is softened
8. about 5 minutes. Set aside. Remove and discard tops
9. seeds
10. and membranes of green
11. red
12. and yellow bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off peppers if necessary so that they stand upright. Mix browned beef
13. cooked rice
14. 1 can tomato sauce
15. Worcestershire sauce
16. salt
17. and pepper in a bowl. Spoon mixture into each hollowed pepper. Mix remaining tomato sauce with Italian seasoning in a bowl; pour over peppers. Bake in the preheated oven
18. basting with sauce every 15 minutes
19. until peppers are tender
20. about 1 hour. Sprinkle peppers with grated Parmesan cheese; serve warm. Editor's Note: This recipe is a healthier version of Sausage and Rice Stuffed Peppers.