

Healthier Stuffed Peppers

Ingredients:

½ c. brown rice
1 c. water
1 lb. lean ground beef
2 cloves garlic, minced
1 onion, chopped
2 green bell peppers
2 red bell peppers
2 yellow bell peppers
2 8-oz.cans tomato sauce, separated
1 Tbsp. Worcestershire sauce
salt and ground black pepper to taste
1 tsp. Italian seasoning
¼ c. grated Parmesan cheese, optional

Directions:

1. Preheat oven to 350 °F.
2. Cook brown rice according to package directions.
3. Cook ground beef in a skillet over medium heat until evenly browned, then add garlic and onion and cook an additional 5 minutes or until onions are tender.
4. Remove and discard the tops, seeds, and membranes of the green, red, and yellow bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off the peppers if necessary so that they stand upright.
5. Mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, salt, and pepper in a bowl. Spoon an equal amount of the mixture into each hollowed pepper.
6. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
7. Bake in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender, about 1 hour. Sprinkle the peppers with grated Parmesan cheese after baking.