

October Recipe



EAT RIGHT MONTANA

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Beef Stuffed Peppers

Ingredients:

- 4 large green bell peppers
- 1/2 pound lean ground beef, ground round
- 1/4 cup finely chopped onion
- 1 cup cooked rice
- 1/2 teaspoon salt
- 1/8 teaspoon paprika
- 1/4 teaspoon celery seeds
- 1/4 teaspoon curry powder
- Dash Worcestershire sauce
- 1/4 cup soft bread crumbs

YIELD: 4 peppers (4 servings)

Instructions:

- 1) Wash peppers; remove stem ends, seeds, and white membranes.
- 2) Cook bell peppers in 1 cup of boiling lightly salted water for 4 to 5 minutes. Drain.
- 3) Brown ground beef with chopped onion, stirring to break up beef.
- 4) Add rice, salt, paprika, celery seeds, curry powder and Worcestershire sauce; mix well.
- 5) Fill peppers with meat mixture and top each with crumbs.
- 6) Bake stuffed peppers at 350° for 30 minutes.

Substitutions/Additions:

- Use a variety of pepper colors - green, red, orange, yellow, and purple.
- Substitute other ground meats, such as ground turkey, pork, venison, or elk.
- Use brown rice or substitute other cooked grains for rice, such as bulgur (cracked wheat), barley, or spelt.
- Use whole wheat or other whole grain bread crumbs.

Nutrition Analysis:

Serving Size: 1 pepper

Calories: 225

Total Fat: 5.5 g

Calories from Fat: 22%

Saturated Fat: 1.8 g

Trans Fat: 0.0 g

Total Carb: 25 g

Dietary Fiber: 4 g

Sodium: 373 mg

Protein: 19 g

Calcium: 43 mg

Iron: 2.5 mg

Recipe Source

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