



Stuffed Peppers

Info:

Makes 4 Servings 325 Calories per Serving

LOW CAL

Ingredients:



- ❖ 4 Large Red/Green Bell Peppers
- ❖ 1 Packet Lipton Onion Soup Mix
- ❖ 1 lb 95% Lean Ground Beef
- ❖ 28oz Can Crushed Tomatoes
- ❖ ½ tsp Garlic Powder
- ❖ 1 tsp Basil
- ❖ 1 tsp Oregano
- ❖ 1 tsp Salt
- ❖ 1 Cup Rice, cooked
- ❖ Cooking Spray

Preparation:



1. Cook rice according to package directions
2. Cut a slice from the top of the bell peppers, remove seeds and boil in a pot of water for 5 minutes, drain well when done
3. Preheat oven to 350°
4. Brown beef over medium-high heat
5. Remove pan from heat and stir in Lipton onion soup mix, crushed tomatoes, seasonings and rice
6. Place bell peppers in a deep baking dish and scrunch up tin foil around the bottom of each shell so they stand up by themselves
7. Fill each shell with meat mixture
8. Pour water into the dish to a ¼ inch depth
9. Bake 30 minutes