



Stuffed Bell Peppers



30 min



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

Recipe source: Recipes in a SNAP - FBD