

1ST DOWN STUFFED BELL PEPPERS



ALL YOU NEED:

- 1 pound lean ground beef or turkey 90% lean
- 4 mushrooms, chopped
- 1 stalk of celery chopped thinly
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 (14.5 ounce) cans petite diced tomatoes with juice
- 2 tablespoons concentrated tomato paste
- 2 tablespoons basil
- 1 tablespoon oregano
- kosher salt and freshly ground black pepper to taste
- 2 cups cooked brown rice or quinoa
- ¼ cup chopped Italian parsley
- 6 bell peppers (red and yellow)
- ½ cup shredded or skim mozzarella cheese



ALL YOU DO:

1. Start with preheating the oven to 350° F.
2. Using a large frying pan, brown the ground beef at medium high heat for 5 minutes or until cooked almost through. Add the mushrooms, chopped celery, onion, and garlic then cook until vegetables are softened.
3. Stir in the diced tomatoes, tomato paste, basil, and oregano. Season with kosher salt and ground pepper to taste and cook for 15-20 minutes.
4. Stir in cooked rice and chopped parsley and cook for another 5 minutes or until the rice is warmed through.
5. Meanwhile, cut off the tops of the peppers and spoon out seeds, and rinse.
6. "Next pre-cook the bell peppers by lightly sprinkling the inside of the peppers with kosher salt. Place peppers in a microwave safe dish sitting in ¼ cup of water. Cover the dish with plastic wrap and steam in microwave for 5 minutes or until peppers start to soften.
7. Once soft, place peppers in a 3 quart baking dish and fill the peppers with the hot meat and rice mixture. Sprinkle the tops with cheese and bake for 20 minutes or until peppers are tender and cheese is browned. Serve hot.

JOIN THE CLUB
Sign up at Hy-VeeKidsFit.com.