

UNSTUFFED BELL PEPPERS

This recipe makes for a delicious and nutritious dinner. The bell peppers are a great source of Vitamin C, the lean red meat is a good source of zinc, and the tomato sauce provides potassium. Keep your eyes and bones healthy while enjoying dinner.

Yield: 6 servings

Ingredients

- 1 **garlic clove**, minced
- 1 **yellow onion**, diced
- 2 **bell peppers**, any color of choice, diced
- ½ lb. **lean or extra lean ground beef or turkey**
- 1 (15 oz.) can **no-salt-added diced tomatoes**
- 1 cup **white rice**, uncooked
- 1 teaspoon **dried basil**
- 1 teaspoon **dried oregano**
- ¼ teaspoon **ground pepper**
- 1 ½ cup **low-sodium beef broth**
- 1 (8 oz.) can **no-salt-added tomato sauce**
- 1 teaspoon **Worcestershire sauce**
- 1 cup shredded **part-skim or low-fat mozzarella**
- 1 tablespoon chopped **parsley** (optional garnish)

Instructions

1. Add olive oil and ground beef to a deep skillet. Cook the beef over medium heat until it is fully browned.
2. Add the onion, bell pepper, garlic, basil, oregano, and pepper to the skillet. Continue to cook and stir until the onions are soft.
3. Add the tomatoes with juices, uncooked rice, and beef broth. Stir to combine.
4. Place a lid on the skillet and turn the heat up to medium-high. Allow the broth to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it rest, lid still in place, for another five minutes.
5. While the pot is simmering, combine the tomato sauce and Worcestershire sauce.
6. Once the rice has rested for 5 minutes, remove the lid and fluff it with a fork, gently folding the ingredients back together.
7. Pour the prepared tomato sauce over top, then sprinkle the mozzarella over the sauce. Place the lid back on top and let the heat from the skillet melt the mozzarella. Once melted, sprinkle a little chopped parsley on top and serve.

Per Serving: Calories 315, Carbohydrates 46 g, Protein 18.7 g, Saturated Fat 2.7 g, Sodium 305 mg, Fiber 5.2 g, Sugars 13 g

This recipe is featured in the June 2021 Beyond the Kitchen newsletter and is adapted from Budget Bytes.



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger