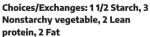
Unstuffed Pepper Casserole

Prep time Cook time Servings Serving size

15 min 40 min 6 1 square
(4" x 4")

Nutrition Facts		
6 Servings		
Serving Size 1 square (4" x 4")		
Amount per serving	390	
Calories		
Total Fat 15g		
Saturated Fat 5.3g		
Trans Fat 0.3g		
Cholesterol 60mg		
Sodium 530mg		
Total Carbohydrate 39g		
Dietary Fiber 4g		
Total Sugars 9g		
Added Sugars 2g		
Protein 25g		
Potassium 790mg		
Phosphorus 395mg		





Ingredients

lean ground beef	1 lbs
red bell pepper (diced)	1 small
green bell pepper (diced)	1 small
cooked brown rice	3 cup

olive oil	1 tbsp
orange bell pepper (diced)	1 small
jarred marinara sauce	24 oz
reduced-fat shredded cheddar or Mexican-style cheese	4 oz

Shop Ingredients

Directions

- 1 Preheat the oven to 400 degrees F.
- 2 Heat a large non-stick skillet over medium heat. Add beef and cook, stirring often, until crumbed and browned, 8–10 minutes. Transfer beef to a bowl with a slotted spoon.
- Return skillet to medium heat and add olive oil and peppers. Cook, stirring often, until peppers have softened, 7–8 minutes.
- 4 Return beef to the skillet along with the marinara and rice. Stir to combine and transfer to a 9x13 baking dish. Sprinkle with cheese.
- 5 Bake for about 20 minutes, until the cheese is bubbly.

Source: America Diabetes Association