

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	

Choices/Exchanges: 1 1/2 Starch, 3 Nonstarchy vegetable, 2 Lean protein, 2 Fat



Ingredients

lean ground beef	1 lbs	olive oil	1 tbsp
red bell pepper (diced)	1 small	orange bell pepper (diced)	1 small
green bell pepper (diced)	1 small	jarred marinara sauce	24 oz
cooked brown rice	3 cup	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.
- 3 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.