

Healthier Stuffed Peppers by MakeItHealthy

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"This healthier stuffed peppers recipe uses an assortment of colored peppers, lean ground beef, brown rice, fresh onion and garlic, and natural tomato sauce. So colorful and so healthy!"

1/2 cup brown rice

1 cup water

1 pound lean ground beef

2 cloves garlic, minced

1 onion, chopped

2 green bell peppers

2 red bell peppers

2 yellow bell peppers

1 (8 ounce) can natural tomato sauce

1 tablespoon Worcestershire sauce

salt and ground black pepper to taste

1 (8 ounce) can natural tomato sauce

1 teaspoon Italian seasoning

1/4 cup grated Parmesan cheese, optional

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring brown rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 45 to 50 minutes.
3. Cook and stir beef, garlic, and onion in a skillet over medium heat until meat is evenly browned and onion is softened, about 5 minutes.
4. Remove and discard the tops, seeds, and membranes of the green, red, and yellow bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off the peppers if necessary so that they stand upright.
5. Mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, salt, and pepper in a bowl. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
6. Bake in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender, about 1 hour. Sprinkle the peppers with grated Parmesan cheese after baking.