

## **Easy Beef Stuffed Peppers**

**SOURCE:** <http://www.txbeef.org>

**Prep:** 10 minutes

**Cook:** 1.5 hours

### **INGREDIENTS:**

1 lb lean ground beef OR 1 pkg fully cooked ground beef  
4 medium green, red or yellow bell peppers  
3/4 C chopped onion  
1/4 C uncooked rice  
3 TBS catsup, divided  
1 tsp dried oregano leaves, divided  
1/2 tsp salt  
1/4 tsp pepper  
1 can (14.5 oz) Italian-style stewed tomatoes, un-drained

### **DIRECTIONS:**

Cut tops off bell peppers - remove seeds + membrane - combine ground beef, onion, rice, 2 TBS catsup, 1/2 tsp oregano, salt + pepper, mixing lightly but thoroughly - spoon an equal amount of meat mixture into each bell pepper - place in 8x8" baking dish - combine tomatoes, remaining catsup + remaining oregano - pour over stuffed peppers - cover baking dish tightly with foil - bake in 350° F oven 1.5 hours.

(4 large zucchini or yellow squash may be substituted for the bell peppers. Reduce cooking time by about 15 minutes.)

**Nutrition info: per serving, using 95% lean ground beef: Calories 294, Total Fat 7g, Saturated Fat 3g, Cholesterol 76mg, Protein 28g, Carbohydrate 30g, Iron 5mg, Zinc 7mg, Sodium 776mg, Potassium 507mg, Calcium 61mg, Vitamin C 120mg, Vitamin A 136RE, Vitamin B12 2ug**

Serves 4