

Stuffed Bell Peppers

Recipe makes 6 meals

Ingredients

- 1 lb 93/7 Lean Ground Beef
- 2 cups Fresh Spinach, chopped
- 1.5 cups shredded Italian Style Cheese, divided
- 1 cup White Rice, dry
- 2/3 cup Mushrooms, chopped
- 1/4 cup Grated Parmesan
- 6 Bell Peppers, whole
- 2 Garlic Cloves, chopped
- 15 oz Diced Tomatoes, drained
- 8 oz Tomato Sauce
- 2 Tbsp Worcestershire Sauce
- 1/2 Tbsp Garlic Powder
- 1 tsp Italian Seasoning
- Non-Stick Cooking Spray
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 400

Fat - 13g

Carbohydrates - 41g

Protein - 31g

***Fiber - 5g**

**Estimated Cost
Per Meal**

\$2.90

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Instructions

- 1. Start by cooking your rice using your preferred cooking method.**
- 2. While your rice is cooking, cut the tops off your bell peppers, and remove the core and seeds from inside. Do not throw away the tops. You can either use these as a top garnish when served, or you can dice them up and add them in with your ground beef mixture.**
- 3. Line a casserole or baking dish with aluminum foil and spray with non-stick spray. Place your 6 bell peppers into the dish. If you are using the tops as lids, place them on now. Spray each bell pepper with a little non-stick spray and bake in the oven on 425°F for about 20-25 minutes, or until skin starts to wrinkle and tops are slightly browned.**
- 3. While your bell peppers are baking, heat a large skillet over medium-high heat and add in your ground beef. Break it up a little and immediately add in your chopped mushrooms and spinach. If you chopped your bell pepper tops up, add those in now as well.**
- 4. Once your beef is cooked through, add in your chopped garlic, diced tomatoes, tomato sauce, 2 Tbsp Worcestershire sauce, 1/2 Tbsp garlic powder, 1 tsp Italian seasoning, and mix well. Once it starts to bubble, reduce the heat and simmer for 5-10 minutes, or until your bell peppers and rice are done.**
- 5. When everything is ready, in a large mixing bowl add in your cooked ground beef mixture and your cooked rice. Mix well, then stir in 1/4 cup of your shredded Italian cheese and 1/4 cup grated parmesan. Taste and add salt and pepper to preference.**
- 6. Stuff your bell peppers with your mixture, top with your remaining 1 cup of shredded Italian cheese. Bake in the oven on 425°F for about 15 minutes, or until cheese is golden brown.**
- 7. When done place the tops on and enjoy!**



Notes

- **If there is any moisture build up inside your bell peppers after baking, be sure to dump that out before stuffing with your beef and rice mixture.**
- **The Italian cheese used in this recipe is Walmart brand. If you cannot find it, or want to use another cheese, any brand and type of cheese will work.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**