

Blue is Better Recipe (Serves 4)

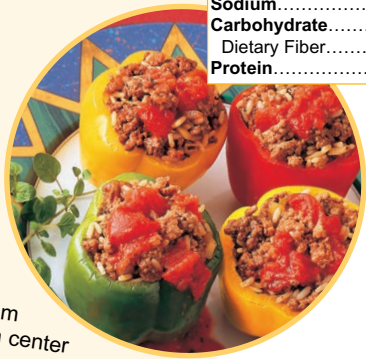
Beef-Stuffed Peppers

Ingredients

- 4 medium green, red or yellow bell peppers
- 1 lb. ground beef
- 3/4 c. chopped onion
- 1/4 c. uncooked brown rice
- 3 tbsp. low sodium ketchup
- 1/2 tsp. dried oregano
- 1/4 tsp. pepper

Preparation Instructions

1. Heat oven to 350°F. Cut tops off bell peppers; remove seeds.
2. Combine ground beef, onion, rice, ketchup, oregano & pepper in large bowl, mixing lightly but thoroughly. Spoon into peppers; stand peppers in 8x8" baking dish.
3. Cover dish tightly with aluminum foil. Bake in 350°F oven 1-1/2 hours to medium (160°F) doneness, until beef is not pink in center and juices show no pink color.
4. Top each pepper with 2 tbsp. picante sauce if desired.



NUTRITION FACTS

Serving Size

1 stuffed pepper

Amount Per Serving:

Calories	395
Calories from Fat.....	153
Total Fat	18 g
Saturated Fat.....	7 g
Cholesterol	112 mg
Sodium	253mg
Carbohydrate	21 g
Dietary Fiber.....	2.5 g
Protein	34 g