

Making it delicious

Stuffed Pepper for One



Ingredients

- 1 large bell pepper, any color
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1 tomato, chopped*
- 1/2 cup chopped spinach
- 1/2 cup cooked rice or quinoa
- 1/2 cup cooked ground beef
- 1/2 tsp. Italian seasoning
- 1/4 cup shredded cheese

*or 1/2 cup diced tomatoes



Recipe adapted from onedishkitchen.com

Instructions

- Preheat oven to 400°F.
- Wash the pepper and cut it in half lengthwise, removing the seeds, white membranes, and stem.
- Lay the pepper halves in a baking dish, cut side up.
- Sauté the onion and garlic until soft, then remove from heat and mix in the tomato, spinach, rice, ground beef, salt, and Italian seasoning.
- Fill each pepper half with the mixture, pressing gently with a spoon to fill in any air pockets.
- Top evenly with cheese.
- Bake for 15-20 minutes until the pepper is tender.