

Making it delicious
Stuffed Peppers



Ingredients

- 4 bell peppers
- 1 cup chopped onion
- 4 cloves garlic, minced
- 2 cups chopped tomatoes*
- 2 cups chopped spinach
- 2 cups cooked rice or quinoa
- 2 cups cooked ground beef
- 2 tsp. Italian seasoning
- 1 cup shredded cheese

*or canned 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 with cheese.
- Bake for 15-20 minutes until the peppers are tender.