

Stuffed Peppers

Gayle Masters

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

*4 green bell peppers
1 pound ground beef or
turkey breast
2 cups cooked rice (2/3
raw)
2 cans (8 ounce) tomato
sauce (Spanish style)
1/4 cup chopped onion
1 1/2 teaspoons salt
1/8 teaspoon pepper
garlic powder*

Preheat the oven to 350 degrees.

Cut the peppers into halves lengthwise and remove the seeds.

In a bowl, combine the beef, cooked rice, onion, salt, pepper, garlic and 1/2 can of tomato sauce.

Place the mixture into the pepper halves. Place the peppers into a large baking dish.

Pour tomato sauce over each pepper. Cover.

Bake for 1-1/4 hours or until tender, basting occasionally.

Per Serving (excluding unknown items): 36 Calories; trace Fat (5.2% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 802mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.