



Stuffed Peppers for Two

Total Time

Prep: 20 min.

Bake: 50 min.

Makes

2 servings

Ingredients

- 2 medium green peppers
- 1/2 pound ground beef
- 1 can (8 ounces) tomato sauce, divided
- 1/4 cup uncooked instant rice
- 3 tablespoons shredded cheddar cheese, divided
- 1 tablespoon chopped onion
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg, beaten

Directions

1- Cut tops off peppers and discard; remove seeds. Blanch peppers in boiling water for 5 minutes. Drain and rinse in cold water; set aside.

2- In a bowl, combine beef, 1/4 cup tomato sauce, rice, 2 tablespoons cheese, onion, Worcestershire sauce, salt, pepper and egg; mix well. Stuff the peppers; place in an ungreased 1-1/2-qt. baking dish. Pour the remaining tomato sauce over peppers. Cover and bake at 350° for 45-60 minutes or until meat is no longer pink and peppers are tender.

3- Sprinkle with remaining cheese; return to the oven for 5 minutes or until cheese is melted.

Nutrition Facts

1 stuffed pepper: 405 calories, 20g fat (9g saturated fat), 193mg cholesterol, 1277mg sodium, 25g carbohydrate (6g sugars, 3g fiber), 32g protein.

Tip

It helps to use a small casserole dish so the peppers won't tip over while they bake