

Sidekick Stuffed Peppers

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RecipeSidekick.com

Servings: 8

8 bell peppers, cleaned and seeded
1 onion, finely chopped
1 pound lean ground beef
1 cup cooked rice
1 teaspoon chili powder
1 egg, slightly beaten
1/3 cup fine dry breadcrumbs
1/4 teaspoon minced garlic
salt (to taste)
pepper (to taste)
1 jar (26 ounce) sun-dried tomato
pasta sauce
1/2 cup shredded cheddar cheese

Preparation Time: 20 minutes

Bake: 1 hour

Preheat the oven to 350 degrees.

Cut the tops off the peppers. Remove the seeds and membranes. Trim the stems off of the tops and discard. Finely chop the remaining pepper tops. Place the peppers in a pot of boiling water for 8 minutes to soften and wilt them.

In a skillet, brown the ground beef with the chopped pepper tops and onion until no longer pink.

In a bowl, mix the beef mixture, rice, chili powder, egg, garlic, breadcrumbs, 1/2 cup of pasta sauce, salt and pepper. Place the mixture in each pepper.

Spread the remaining pasta sauce in the bottom of a baking pan. Place the peppers in the pan. Cover with aluminum foil.

Bake for 50 minutes. Remove the foil.

Sprinkle the pepper tops with cheddar cheese.

Bake, uncovered, for an additional 10 minutes or until cheese is melted.

Per Serving (excluding unknown items): 256 Calories; 15g Fat (52.9% calories from fat); 14g Protein; 16g Carbohydrate; 3g Dietary Fiber; 76mg Cholesterol; 98mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	256	Vitamin B6 (mg):	.7mg
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	24.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	51mcg
Saturated Fat (g):	6g	Niacin (mg):	4mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	76mg	% Refused:	0.0%
Carbohydrate (g):	16g		
Dietary Fiber (g):	3g		
Protein (g):	14g		
Sodium (mg):	98mg		
Potassium (mg):	411mg		
Calcium (mg):	76mg		
Iron (mg):	2mg		
Zinc (mg):	3mg		
Vitamin C (mg):	107mg		
Vitamin A (i.u.):	967IU		
Vitamin A (r.e.):	117RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 256 **Calories from Fat:** 135

% Daily Values*

Total Fat 15g	23%
Saturated Fat 6g	32%
Cholesterol 76mg	25%
Sodium 98mg	4%
Total Carbohydrates 16g	5%
Dietary Fiber 3g	10%
Protein 14g	
Vitamin A	19%
Vitamin C	179%
Calcium	8%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.