

# Unstuffed Peppers

Tanya Abernathy - Yacolt, WA  
Taste of Home Most Requested Recipes

## Servings: 6

1 cup uncooked instant rice  
1 pound ground beef  
2 medium green peppers, cut into one-inch pieces  
1/2 cup onion, chopped  
1 jar (26 ounce) marinara sauce  
1 1/2 teaspoons salt-free seasoning blend  
1/2 cup shredded Italian cheese blend  
1/2 cup seasoned bread crumbs  
1 tablespoon olive oil

Preheat the oven to 350 degrees.

Cook the rice according to package directions.

In a large skillet, cook the beef, green peppers and onion over medium-high heat until the meat is no longer pink. Drain.

Stir in the rice, marinara sauce and seasoning blend. Stir in the cheese.

Transfer the mixture to a greased two-quart baking dish. In a bowl, toss the bread crumbs and olive oil; sprinkle over the top of the casserole.

Bake for 8 to 10 minutes or until heated through and the topping is golden brown.

Start to Finish Time: 30 minutes

*Instead of cooking the instant rice, you can use two cups of leftover cooked rice.*

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Per Serving (excluding unknown items): 331 Calories; 24g Fat (64.4% calories from fat); 15g Protein; 14g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 489mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

Beef

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	331	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	64.4%	<b>Vitamin B12 (mcg):</b>	2.0mcg
<b>% Calories from Carbohydrates:</b>	17.2%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	18.3%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	24g	<b>Folacin (mcg):</b>	23mcg

**Saturated Fat (g):** 9g  
**Monounsaturated Fat (g):** 11g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 65mg  
**Carbohydrate (g):** 14g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 15g  
**Sodium (mg):** 489mg  
**Potassium (mg):** 414mg  
**Calcium (mg):** 31mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 40mg  
**Vitamin A (i.u.):** 408IU  
**Vitamin A (r.e.):** 41RE

**Niacin (mg):** 4mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 2  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 331 **Calories from Fat:** 213

#### % Daily Values\*

<b>Total Fat</b>	24g	36%
Saturated Fat	9g	43%
<b>Cholesterol</b>	65mg	22%
<b>Sodium</b>	489mg	20%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	2g	8%
<b>Protein</b>	15g	
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<b>Vitamin A</b>		8%
<b>Vitamin C</b>		66%
<b>Calcium</b>		3%
<b>Iron</b>		12%

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