Stuffed Bell Peppers

SERVING: 1 CUP BEEF MIXTURE
YIELD: 4 BELL PEPPERS; PLUS ADDITIONAL 2 CUPS LEFTOVER

PREP TIME: 5 MIN
TOTAL TIME: 30 MIN

Ingredients

- 4 large Bell Peppers, seeds and membranes removed
- 1/2 cup Instant Brown Rice, uncooked
- 1/2 Ib Lean Ground Beef
- 1/2 medium Yellow Onion, chopped
- 1 tsp Minced Garlic
- 1 can (14.5oz) Petite Diced Tomatoes No Salt Added, drained
- 1 can (15oz) Black Beans No Salt Added, drained and rinsed
- 1 tsp Basil Leaves, *seasoning*
- 1 tsp Rosemary Leaves, *seasoning*
- 1 tsp Thyme Leaves, *seasoning*
- 1/2 tsp Salt
- 1/2 cup Shredded Part-Skim Mozzarella Cheese, divided 2 tbsp each bell pepper

Directions

1. PREHEAT oven to 350°F.
2. Bring a small pot boil, and add instant brown rice. Cook according to package directions.
3. Using a cutting board, slice off tops of bell pepper and remove seeds and membrane. Chop top of bell peppers and set aside.
4. HEAT oil in a large skillet. ADD beef and cook thoroughly.
5. Chop yellow onions, add onions and chopped bell peppers to skillet with beef. Cook 2-4 minutes. Add minced garlic.
6. Stir in tomatoes, rice, black beans, and seasonings.
7. Place peppers upright in ungreased 8-inch square glass baking dish. Fill with about 1 cup beef mixture.
8. Cover with foil. Bake 15-20 minutes. Uncover, sprinkle with cheese, and bake an additional 5 minutes uncovered. Enjoy!

Nutrition Facts

6 servings per container
Serving size **(0.0g)**

Amount Per Serving
Calories **210**

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 270mg	**12%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 6g	**21%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 16g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 4.7mg	25%
Potassium 230mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Cost information includes lower cost ingredients found at local grocery store 5/22/23.

STAR Cooking

Cost Per Recipe	Cost Per Serving
$11.01	$1.84

What's So Great about Peppers?

Flavorful and Colorful
Peppers add color, flavor, and texture to salads, pizza, pasta and ethnic foods.

Rich in Vitamins and Minerals
Peppers are high in vitamin C and are a source of beta carotene, potassium, folic acid, and fiber.

Easy to Use
Peppers mix well with almost any type of food, such as, poultry, fish, rice, pasta, as well as other vegetables. Frozen peppers are pre-cut and available all year.

Versatile
Peppers are great to eat raw, stuffed, roasted, stewed, or pickled. Peppers can be a healthy side dish or snack.

Selecting and Storing Peppers

At the Market
Bell peppers are in stores all year, but are less expensive during the summer. Fresh peppers come in many colors (even purple), shapes, and sizes. Green bell peppers are usually the least expensive. When buying other colors of peppers, try to buy them on sale at your local market. When selecting peppers, follow the same guidelines.

Look for
Peppers with deep color, glossy skin, and firmness.

Avoid
Peppers with thin walls (flimsy sides), peppers that are wilted or with cuts or tears through the walls, and peppers with soft watery spots on the sides.

Storage
Store unwashed peppers in a plastic bag in the refrigerator. Peppers will stay fresh for about a week. Green bell peppers will stay fresh a little longer than the yellow and red ones.

Why is Vitamin C Important?

Vitamin C, also known as ascorbic acid, is needed for growth and repair of body tissue. Vitamin C helps to form collagen, a protein used to make skin, scar tissue, and blood vessels. Vitamin C is also needed for cartilage, bones, teeth and healing wounds. Peppers are one of the highest sources of Vitamin C.

Varieties of **Peppers**

The variety of the pepper and the stage of ripeness determine the flavor and color of each pepper. A red bell pepper is a mature green bell pepper. Bell pepper flavor becomes sweeter and milder with age.

Jalapeño and Serrano peppers are a spicy cousin to bell peppers. These varieties of peppers are smaller than bell peppers. But don't let the size fool you: these peppers have a lot of heat!

Nutrition Facts
Green Pepper

Serving Size (149g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	
Vitamin A 20% • Vitamin C 220%	
Calcium 2% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts
Red Pepper

Serving Size (149g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	
Vitamin A 170% • Vitamin C 470%	
Calcium 2% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts
Yellow Pepper

Serving Size (149g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 8% • Vitamin C 460%	
Calcium 2% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Did you know?

Red bell peppers have 9 times more beta carotene (a cousin to vitamin A) and twice the vitamin C than green bell peppers! But don't forget a serving of green peppers still provides over 200% of the suggested amount of Vitamin C.

How Hot is Hot?
Scoville heat units measure the spiciness in peppers. The table shows the range of heat found in different types of peppers.

Scoville Heat Units

Pepper	Heat Range
Sweet Bell	0
Pepperoncini	100 - 500
Pasilla	1,000 - 2,000
Rocotillo	1,500 - 2,500
Jalapeno	2,500 - 8,000
Serrano	8,000 - 22,000
Tabasco	30,000 - 50,000
Thai	50,000 - 100,000
Habanero	100,000 - 325,000
Red Savina Habanero	350,000 - 575,000
Pure Capsaicin	15-16,000,000