

Stuffed Peppers

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Serves 4

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My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:5b4f805cb43b560272f7af18>

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- 4 small-med size green bell peppers
 - 1 pound 96% lean ground beef (can sub ground turkey to lower points, but we prefer beef.)
 - 2/3 cup rice (cooked)
 - 1 small onion
 - 2 cans stewed tomatoes
1. Cut tops off peppers, clean out the seeds and membranes. Cook in a pot of boiling water for about 7-9 until soft. Carefully remove without ripping/breaking. Drain on paper towels, upside down and let cool enough to handle.
 2. While peppers are cooking, put meat in a bowl. Season with salt and pepper to taste. Grate the onion into the bowl (use the small side of the grater so it is very fine/almost liquid). Add cooked rice and mix everything together. Divide into 4 equal portions, Stuff into pepper cups.

3. Place pepper cups into a baking dish. Pour stewed tomatoes over the top of peppers. Cover with foil. Bake at 350 for 35 minutes. Uncover and bake 10-15 minutes more or until a meat thermometer reads 175F.