

Classic Beef-Stuffed Bell Peppers

Total Time: 45 Minutes | Servings: 4

INGREDIENTS:

- 4 medium red, yellow or green bell peppers
- 1 lb. Goodness Grazeious™ Grass-Fed Organic Ground Beef
- 1/2 cup minced onion
- 2 teaspoons minced garlic
- 2 cans (14-1/2 oz) diced tomatoes with green peppers and onions, drained
- 1/2 cup cooked white or brown rice
- 3 tablespoons tomato paste
- 2 teaspoons dried parsley leaves
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Chopped fresh parsley leaves (optional)

DIRECTIONS:

1. Coat a large baking dish with cooking spray; set aside. Preheat oven to 475°F. Halve bell peppers lengthwise. Using a paring knife, carefully remove the membranes and seeds from bell peppers. Arrange peppers about 2 inches apart in prepared baking dish. Cover baking dish tightly with aluminum foil; bake 15 minutes. Remove from oven; cool slightly.
2. Meanwhile, heat large nonstick skillet over medium heat until hot. Add ground beef, onion and garlic; cook 3 to 4 minutes, breaking beef into 1/2" crumbles and stirring occasionally. Stir in tomatoes, rice, tomato paste, dried parsley, salt and black pepper; cook 3 to 4 minutes until heated through, stirring occasionally.
3. Divide beef mixture evenly among peppers. Bake in 475°F oven 17 to 22 minutes until instant-read thermometer inserted into center of beef mixture registers 160°F and bell peppers are tender. Garnish with parsley, if desired.

