

#LetsCook30

UN-STUFFED PEPPER CASSEROLE

Servings: 4 -6

Ready in about: 45 minutes

1 lb	ground beef, pork, chicken or turkey
2 medium	bell peppers, chopped
1 medium	onion, diced
3 medium cloves	garlic, minced
2 cups	rice, cooked
1 – 650 mL jar	spaghetti sauce
2 cups	cheddar cheese, grated and divided

Nutrition Tips

To reduce the saturated fat and salt and increase the fibre in this recipe, we used:

- Lean ground beef
- Brown rice
- Low fat cheese (20% M.F. or less)

INSTRUCTIONS:

1. Heat oven to 350°F.
2. In a large frying pan, cook beef and drain any fat. Add peppers, onion and garlic and cook until softened.
3. Stir in rice, spaghetti sauce and 1 cup of cheese.
4. Pour into 2-qt (1L) casserole dish and top with the rest of the cheese.
5. Bake uncovered for 25 minutes or until heated through.

Adapted from: Undone stuffed pepper casserole. myfoodandfamily.com. Accessed 2019.

PUBLIC HEALTH

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