

Vegetable and Beef Stuffed Red Peppers – Recipe from Taste of Home Diabetic Cookbook, as submitted by Jennifer Zimmerman

6 servings

6 medium sweet red peppers	4 cloves of minced garlic
1 lb. lean ground beef	1 cup ready-to-serve long grain and wild rice
1 Tbsp olive oil	1 (8 oz) can of tomato sauce
1 medium yellow summer squash, chopped	½ cup shredded mozzarella cheese
1 medium onion	¼ tsp salt
1 medium zucchini, chopped	3 slices of provolone or pepper jack cheese, halved
1 finely chopped green bell pepper	
2 cups of chopped fresh spinach	

Directions:

Preheat oven to 350 degrees. Cut and discard tops from the red peppers; remove seeds. In a 6 qt. stockpot, cook peppers in boiling water about 3-5 minutes or until crisp-tender; drain and rinse in cold water. In a large skillet, cook beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbles. Remove with a slotted spoon; pour off drippings.

In same pan, heat oil over medium heat; sauté zucchini, squash, onion, and green pepper 4-5 minutes or until tender. Add spinach and garlic; cook and stir 1 minutes or until wilted. Stir in cooked beef, rice, tomato sauce, mozzarella cheese and salt.

Place red peppers in a greased 8 in. square baking dish. Fill with meat mixture. Bake, covered, 35-40 minutes or until peppers are tender. Top with cheese slice and bake uncovered until cheese is melted.



Shopping List – Vegetable and Beef Stuffed Red Peppers

- 6 medium sweet red peppers
- 1 lb. lean ground beef
- olive oil
- yellow summer squash
- onion
- zucchini
- green bell pepper
- spinach
- 4 cloves of minced garlic
- 1 cup ready-to-serve long grain and wild rice
- 1 (8 oz) can of tomato sauce
- shredded mozzarella cheese
- salt
- provolone or pepper jack cheese, halved