



STUFFED PEPPER CHILI

ingredients:

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| 1 Tablespoon olive oil | 14.5-ounce can low-sodium beef broth |
| 3/4 cup chopped onion | 2 teaspoons Italian seasoning |
| 1 1/2 teaspoons minced garlic | 1 cup cooked brown rice |
| 1 pound 90% lean ground beef | 1/4 teaspoon black pepper |
| 1 red bell pepper, cut into 1/2 inch pieces | 1/4 teaspoon salt |
| 1 green bell pepper, cut into 1/2 inch pieces | 10 large bell peppers, tops and seeds removed |
| 14.5-ounce can petite diced tomatoes | 2 Tablespoons chopped parsley |
| 15-ounce can reduced-sodium tomato sauce | 3 Tablespoons plus 1 teaspoon shredded or grated Parmesan cheese |

directions:

1. Heat the olive oil in a large pot over medium high heat. Add the onion and sauté for 4-5 minutes. Add the garlic and sauté for another 30 seconds.
2. Add the ground beef and cook until browned (about 5-6 minutes), breaking beef up into smaller pieces as it cooks.
3. Add the chopped bell peppers to the pot and cook for 2-3 minutes.
4. Add the tomatoes, tomato sauce, beef broth and Italian seasoning to the pot. Bring to a simmer and cook for 15-20 minutes or until peppers are tender.
5. Stir in the rice, black pepper and salt. Bring to a boil for 5 minutes and then turn off heat.
6. Evenly divide mixture into each of the hollowed-out peppers. Sprinkle with parsley and 1 teaspoon each Parmesan cheese and serve.

Yield: 10 servings
Nutrition Information
Per Serving:

Calories: 197
Fat: 7 grams
Saturated fat: 2 grams
Cholesterol: 31 mg
Sodium: 214 mg
Carbohydrates: 22 grams
Fiber: 5 grams
Protein: 13 grams
Calcium: 61 mg

Food exchanges:
3 vegetable, 1/2 starch, 1 protein

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