

# Stuffed Peppers



## **Servings: 3**

*3 bell peppers  
1 tablespoon olive oil  
1 onion, chopped  
8 ounces mushrooms, sliced  
1 pound ground pork  
1 teaspoon Italian seasoning  
salt and pepper, to taste  
1 cup tomato sauce  
1 cup cooked rice*

Use a knife to slice off the top of each bell pepper. Set the tops aside.

Remove all the seeds and membranes from the inside of the bell peppers.

Spray a small sheet pan with non-stick cooking spray. Arrange the bell peppers and the tops on the sheet pan.

Cook the bell peppers in a 350°F oven for 20-25 minutes or until the bell peppers are cooked, but still slightly firm.

Remove the bell peppers from the oven and allow to cool while you make the filling.

For the Filling:

Heat olive oil in a large skillet over medium heat. Add onion and mushrooms. Sauté for 3-4 minutes or until the mushrooms have softened.

Increase the heat to medium-high. Add ground pork, Italian seasoning, salt, and pepper. Cook the pork until cooked through and no pink remains.

Reduce the heat to medium-low. Add tomato sauce and cooked rice. Stir to combine and cook 2-3 minutes or until the mixture is heated through.

Fill each bell pepper with the pork mixture. Place the top on to each bell pepper.

Serve

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Per Serving (excluding unknown items): 364 Calories; 11g Fat (27.1% calories from fat); 38g Protein; 31g Carbohydrate; 5g Dietary Fiber; 89mg Cholesterol; 121mg Sodium; 9g Total Sugars; trace Vitamin D; 59mg Calcium; 3mg Iron; 1223mg Potassium; 424mg Phosphorus. Exchanges: