

Beef & Risotto Stuffed Peppers

Serves: 6. Serving size : 1 stuffed pepper

Ingredients

- 6 medium bell peppers, tops and seeds removed
- 2 tablespoons olive or canola oil, divided
- 1/2 onion, diced
- 2 cloves garlic, minced (or 1/4 teaspoon garlic powder)
- 1/2 pound ground beef (80% or leaner)
- 1/2 teaspoon black pepper
- 1 can (14.5 ounces) diced tomatoes, undrained
- 2 cups prepared Parmesan risotto
- 1/2 cup Parmesan cheese (or any kind of shredded cheese)

Directions

1. Preheat oven to 375° F. Place peppers cut side up in a baking dish. Set aside.
2. Heat oil in a large skillet over medium-high heat. Add onion and garlic and cook for 3-5 minutes. Add beef and pepper and cook until meat is no longer pink. Drain fat and return to skillet.
3. Add tomatoes and risotto and cook for an additional 3-5 minutes.
4. Fill bell peppers with meat mixture and sprinkle with cheese, dividing evenly. Carefully pour 1 cup of water into the baking dish around the peppers and cover the dish with aluminum foil.
5. Bake until peppers are soft, but not mushy - about 45-60 minutes.

Nutrition per serving: 324 calories, 16 g protein, 16 g fat, 29 g carbs, 3 g fiber, 557 mg sodium



Picture from www.myrecipes.com