

Deconstructed Stuffed Peppers

12 ingredients · 50 minutes · 6 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
3. Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with Italian Seasoning, paprika, salt and red pepper flakes.
4. Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
5. To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor

Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper

Use any colour of bell pepper instead.

No Beef

Use ground pork or sausage meat instead.

No Brown Rice

Use white rice, quinoa or cauliflower rice instead.

Ingredients

- 1 cup Brown Rice
- 1 1/2 lbs Extra Lean Ground Beef
- 1 tbsp Extra Virgin Olive Oil
- 3 Red Bell Pepper (chopped)
- 1 tbsp Italian Seasoning
- 2 tsps Paprika
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 3 1/2 cups Crushed Tomatoes (from the can)
- 1 cup Diced Tomatoes (from the can)
- 1 1/2 cups Water
- 6 stalks Green Onion (chopped, divided)

