Stuffed Bell Peppers

INGREDIENTS:

¾ c. brown rice, uncooked
1 Tbsp. canola oil
½ small onion, minced
1 tsp. garlic, minced
1 lb. extra lean ground beef
1 tsp. cumin powder
2 Tbsp. Italian seasoning
½ c. tomato paste
1 c. low-sodium chicken broth, divided
¼ c. cheddar cheese, shredded
3 large bell peppers (red, green or yellow)

DIRECTIONS:

Prepare brown rice according to package instructions.

Preheat oven to 400 F. Heat oil in a pan over medium heat; add onion and garlic. Sauté for two minutes. Add the ground beef, cumin and Italian seasoning. Cook until meat is browned.

Add tomato paste and ½ c. of the chicken broth and simmer five minutes. Stir in the cooked rice and cheese.

Cut the top off the bell peppers and remove seeds. Place standing up in baking pan. Fill each pepper with beef mixture. Pour the remaining chicken broth into the pan.

Cover top of pan with aluminum foil and bake at 400 F for 35 minutes.

NUTRITION:

Makes six servings. Each serving (one-half of stuffed pepper) has 260 calories, 9 g fat, 20 g protein, 22 g carbohydrate, 4 g fiber and 220 mg sodium.