

STUFFED PEPPER CASSEROLE

This casserole saves the trouble of stuffing the peppers, and it makes a great meal planning option to freeze for later.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 pound lean ground beef
- 1 large red onion, thinly sliced
- 3 medium multicolored bell peppers, thinly sliced
- 6 cloves garlic, chopped
- 2 teaspoons smoked paprika
- 2 teaspoons dried oregano
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon ground pepper
- 2 tablespoons tomato paste
- 1 (14.5-ounce) can no-salt-added fire-roasted diced tomatoes, drained
- 1 (8.8-ounce) package cooked brown rice
- $\frac{1}{2}$ cup unsalted beef broth
- 1 cup shredded low-moisture part-skim mozzarella cheese
- Chopped fresh flat-leaf parsley for garnish (optional)

DIRECTIONS

STEP 1

Preheat oven to 400°F. Heat oil in a large skillet over medium heat. Add beef; cook, stirring often, until cooked through and no longer pink. Add onion, bell peppers, garlic, paprika, oregano, salt and pepper; cook, stirring often, until the vegetables are tender. Increase heat to medium-high and stir in tomato paste; cook, stirring constantly, until the paste darkens in color, about 1 minute. Remove from heat. Stir in drained tomatoes, rice and broth.

STEP 2

Transfer the mixture to a 9x13-inch baking dish; cover with foil. Bake until the rice is tender and the flavors meld, about 20 minutes. Uncover and sprinkle evenly with cheese. Bake, uncovered, until the cheese is melted and beginning to bubble, about 5-8 minutes. Garnish with parsley, if desired. Enjoy!

TIP

Cut up all the veggies ahead of time, or at least before browning the meat, to save time and make everything more efficient.

NUTRITION FACTS

Serving Size: $\frac{1}{4}$ cup | Total servings: 6
Per Serving: 344 calories, total carbohydrate 24g, dietary fiber 4g, total sugars 6g, protein 23g, total fat 17g, saturated fat 6g, cholesterol 61mg



Wisconsin Athletic Club

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