

Cooktop Cove

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/cooktop-cove-mexican-casserole-recipe>

Ingredients:

- 3 bell peppers cut into 2" pieces
- 1 cup basmati rice uncooked
- 1 pound ground beef
- 2 cloves garlic chopped
- 1 white onion small, chopped
- 2 cups chicken broth
- 1 1/2 cups tomato sauce your favorite
- 1 teaspoon Worcestershire sauce
- 1 teaspoon thyme
- 1 teaspoon fennel seed
- 1 teaspoon parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 ounces grated cheddar cheese

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 140 milligrams
4. Fat: 40 grams
5. Fiber: 6 grams
6. Protein: 45 grams
7. SaturatedFat: 20 grams
8. Sodium: 1170 milligrams
9. Sugar: 12 grams
10. TransFat: 1 grams

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