

Tina's Greek Stuffed Peppers

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-greek-stuffed-peppers-recipe>

Ingredients:

- 1/2 pound orzo pasta
- 2 tablespoons olive oil
- 1 yellow onion chopped
- 2 cloves garlic chopped
- 1 1/2 pounds ground lamb
- 4 1/2 teaspoons dried oregano
- 1 tablespoon dried basil
- pepper
- salt
- 16 ounces frozen chopped spinach thawed and drained
- 2 tomatoes diced
- 6 ounces tomato paste
- 8 ounces crumbled feta cheese
- 6 red bell peppers or large green, tops removed and seeded
- olive oil

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 115 milligrams
4. Fat: 43 grams
5. Fiber: 9 grams
6. Protein: 36 grams
7. SaturatedFat: 18 grams
8. Sodium: 910 milligrams
9. Sugar: 12 grams

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