

Unstuffed Peppers

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-ragu-recipe-uk>

Ingredients:

- 1 pound ground beef
- 26 ounces ragu ® Old World Style® Traditional Sauce
- 2 sweet peppers large green and/or red, coarsely chopped
- 1 1/4 cups water
- 1 cup instant rice

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 50 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 55 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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