

Old Fashioned Stuffed Bell Peppers

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 8 bell peppers cleaned and seeds removed
- 1 1/2 pounds ground beef
- 2 cups cooked rice
- 1/4 cup minced onion finely
- 2 tablespoons minced jalapeno optional
- 1 cup tomatoes canned, diced
- 1/2 cup V-8 Juice
- 1 tablespoon fresh mint or basil, chopped - optional
- 1/2 teaspoon salt
- pepper unchecked?, to taste

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 60 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams
8. Sodium: 210 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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