

Stuffed Green Peppers

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-recipe-green-peppers>

Ingredients:

- 1 pound lean ground beef
- 6 green peppers large
- 1/2 cup sweet onion
- 1 box chicken and garlic Rice A Roni
- 16 ounces diced tomatoes
- 1 cup shredded American cheese

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 85 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 590 milligrams
9. Sugar: 8 grams

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