

DINNER

Hash Brown Hot Dish Stuffed Bell Peppers

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	10 min	30 min	4	\$1.70	324 kcal



Hash Brown Hot Dish Stuffed Bell Peppers might be a good recipe to expand your main course repertoire. One portion of this dish contains approximately 21g of protein, 22g of fat, and a total of 355 calories. This recipe serves 4 and costs \$1.7 per serving. 32 people have made this recipe and would m...

Ingredients

- ☐ 4 bell peppers, tops cut off, seeded
- ☐ 15 ounce green beans, drained
canned
- ☐ 4 frozen hash brown patties
- ☐ 1 cup shredded Cheddar cheese
- ☐ 1 pinch cumin
- ☐ ½ pound ground beef
- ☐ 4 servings salt and pepper to taste

Method

- 1 Cook the hashbrown patties according to package directions. Mash with a fork and set aside.
- 2 Bring a large pot of water to boil over high heat.
- 3 Place the peppers in the boiling water and turn off the stove. After 10 minutes remove the peppers from the water and set aside.
- 4 In a large skillet, cook beef over medium heat until meat is no longer pink; drain.
- 5 Mix in the hashbrowns, green beans, jalapeno, salt, pepper, cumin, and cheddar cheese.
- 6 Loosely stuff the beef mixture into the peppers.
- 7 Place peppers onto a baking sheet.
- 8 Bake 20 minutes in a 350 degrees F (175 degrees C) oven.
- 9 Let cool 1 minute before serving.

Nutrition per serving

324
KCAL

19 g
PROTEIN

22 g
FAT

15 g
CARBS

Saturated Fat	9.9 g · 62% of daily needs
Fibre	5.4 g · 22% of daily needs
Sugar	8.6 g · 10% of daily needs
Sodium	428 mg · 19% of daily needs
Cholesterol	68.5 mg · 23% of daily needs
Vitamin C	165 mg · 200% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/hash-brown-hot-dish-stuffed-bell-peppers-142158](https://www.whatsheate.com/hash-brown-hot-dish-stuffed-bell-peppers-142158)