

Meaty Stuffed Pepper Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 29 ounce tomatoes diced canned
- 21.5 ounce condensed tomato soup canned
- 1 cup rice white cooked
- 2 cloves garlic chopped
- 1 pinch garlic powder to taste
- 6 small bell peppers green chopped
- 1 pound ground beef

- 8 servings salt and ground pepper black to taste
- 1 pound ground sausage italian
- 1 large onion chopped
- 1 pinch oregano dried to taste
- 2 cups cheddar cheese shredded
- 6 ounce tomato paste canned
- 10.8 ounce water canned
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- oven
- whisk
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter in a large pot over medium heat; cook and stir green bell peppers, onion, and garlic in the hot butter until vegetables are slightly soft, 2 minutes. Stir sausage and ground beef into bell pepper mixture; cook until meat is crumbly and browned, stirring often, 10 to 12 minutes.
- Drain grease. Season mixture with salt, black pepper, oregano, and garlic powder.
- Mix diced tomatoes, rice, tomato paste, and Worcestershire sauce into meat mixture and bring to a simmer; cook until heated through, about 5 minutes, stirring occasionally.
- Pour mixture into a large baking dish.
- Whisk tomato soup with water in a bowl until smooth; pour soup over meat mixture.
- Spread Cheddar cheese over casserole.
- Bake in the preheated oven until casserole is heated through and Cheddar cheese is browned and bubbling, about 30 minutes.

Nutrition Facts

PROTEIN 18.42% FAT 62.6% CARBS 18.98%

Properties

Glycemic Index:49.69, Glycemic Load:11.26, Inflammation Score:-8, Nutrition Score:25.409999961438%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 601.98kcal (30.1%), Fat: 42.25g (65%), Saturated Fat: 18.14g (113.35%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 25.17g (9.15%), Sugar: 12.04g (13.38%), Cholesterol: 119.12mg (39.71%), Sodium: 1146.15mg (49.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.93%), Vitamin C: 68.91mg (83.53%), Selenium: 34.81µg (49.73%), Vitamin B6: 0.76mg (37.97%), Phosphorus: 377.58mg (37.76%), Vitamin B12: 2.03µg (33.91%), Zinc: 4.98mg (33.21%), Vitamin B1: 0.5mg (33.06%), Potassium: 1150.87mg (32.88%), Vitamin B3: 6.29mg (31.43%), Calcium: 286.57mg (28.66%), Vitamin B2: 0.41mg (24.13%), Manganese: 0.48mg (23.79%), Iron: 3.91mg (21.74%), Vitamin A: 1042.88IU (20.86%), Magnesium: 62.27mg (15.57%), Copper: 0.31mg (15.38%), Fiber: 3.66g (14.63%), Vitamin E: 1.97mg (13.14%), Vitamin K: 12.94µg (12.32%), Vitamin B5: 1.04mg (10.36%), Folate: 35.43µg (8.86%), Vitamin D: 0.23µg (1.51%)