

Mom's Sloppy Joe Stuffed Peppers

 Gluten Free

READY IN



75 min.

SERVINGS



5

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 30 ounce tomato sauce canned
- ☐ 3 cloves garlic finely chopped
- ☐ 1 pound ground beef
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 0.5 cup rice instant
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup parmesan cheese shredded

- ☐ 5 bell peppers red seeds removed
- ☐ 1.3 ounce sloppy joe seasoning
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

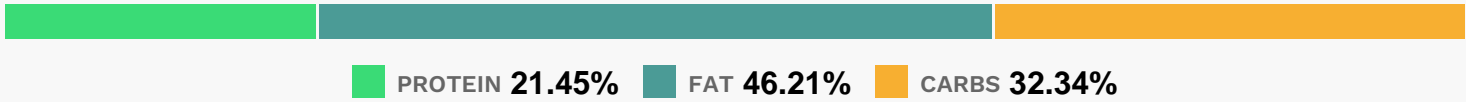
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Mix tomato sauce and sloppy joe seasoning together in a bowl.
- ☐ Finely chop the usable 'meat' from the removed tops of each red bell pepper.
- ☐ Heat olive oil in a skillet over medium heat; cook and stir red pepper pieces and garlic until fragrant, 1 to 2 minutes.
- ☐ Cook and stir ground beef and 1/2 cup beef broth into the red pepper-garlic mixture until ground beef crumbles are browned, 8 to 10 minutes.
- ☐ Drain off excess fat from the cooked ground beef.
- ☐ Add instant rice, 1/2 cup beef broth, and Worcestershire sauce; stir to combine. Simmer until the rice becomes tender and absorbs most of the liquid, about 10 minutes.
- ☐ Add about 1/2 cup of the tomato sauce mixture, 1/2 cup Parmesan cheese, salt, and black pepper to the beef mixture; stir to combine.
- ☐ Ladle about half the remaining tomato sauce mixture into the bottom of the prepared baking dish. Stuff each of the red bell peppers with ground beef mixture; arrange in the baking dish. Ladle the remaining tomato sauce mixture over each bell pepper. Cover the baking dish with aluminum foil.
- ☐ Bake in the preheated oven until filling is cooked through, about 25 minutes.

- ☐
- Sprinkle remaining 1/2 cup Parmesan cheese over the peppers.

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Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:13.68, Inflammation Score:-10, Nutrition Score:35.233912900738%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 448.13kcal (22.41%), Fat: 23.7g (36.46%), Saturated Fat: 9.14g (57.12%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 28.81g (10.48%), Sugar: 11.6g (12.88%), Cholesterol: 71.21mg (23.74%), Sodium: 1140.01mg (49.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Vitamin C: 165.11mg (200.14%), Vitamin A: 4667.55IU (93.35%), Vitamin K: 59.41µg (56.58%), Vitamin B6: 0.95mg (47.37%), Manganese: 0.94mg (47.03%), Vitamin E: 6.32mg (42.16%), Iron: 7mg (38.89%), Vitamin B3: 7.56mg (37.8%), Vitamin B12: 2.08µg (34.64%), Zinc: 5.16mg (34.42%), Fiber: 8.49g (33.95%), Potassium: 1155.69mg (33.02%), Phosphorus: 328.54mg (32.85%), Calcium: 296.21mg (29.62%), Selenium: 20.56µg (29.37%), Vitamin B2: 0.44mg (25.64%), Folate: 96.69µg (24.17%), Magnesium: 85.4mg (21.35%), Copper: 0.37mg (18.54%), Vitamin B5: 1.68mg (16.76%), Vitamin B1: 0.18mg (11.93%)