



Unstuffed Bell Peppers

What You Need

1 Lb. lean ground beef, *sausage, ground chicken, or a combination of *beef and sausage

3-4 Cups white rice (precooked)

2 large bell peppers (chopped)

*Salt and pepper to taste

3 Tbsp. canola oil

*1 Medium white onion (finely chopped)

1 Clove garlic (finely chopped)

2 Cups fresh tomatoes (chopped)*

1Tbsp. Italian seasoning mix (please click [HERE](#))

½ Cup tomato sauce

Shredded Mozzarella cheese for topping

Grated parmesan cheese for topping

Large skillet with lid

Before You Start- If you are not using leftover rice you will need to precook white rice according to package directions (do not use instant or minute rice).

Let's Make It! Over a medium high heat, add oil to the skillet and sauté green peppers, *onions and garlic until fork tender (you can cut the bell peppers with the side of a fork). Add the meat and Italian seasoning and cook until brown. Add tomatoes, tomato sauce, and precooked rice. Stir well to combine. Reduce heat to low, and simmer for 5-10 minutes, stir before serving.

Top with cheese and serve with crusty bread

Serves 4

*Katie's Tid Bits

- omit onion and sausage if you are making this as a migraine safe recipe.
- I used 2 large garden-fresh tomatoes.
- If you are using freshly cooked rice you still need to let it simmer for about 5 minutes (to combine the flavors)
- I also added about a cup of precooked zucchini