



Taste of Home

# Spud-Stuffed Peppers

**TOTAL TIME:** Prep: 25 min. Bake: 40 min.

**YIELD:** 2 servings.

*“We don’t like rice, so I created this yummy stuffed pepper recipe using fresh potatoes from my garden,” relates Joyce Jandera of Hanover, Kansas.*

## Ingredients

2 medium green peppers

1/2 pound lean ground beef (90% lean)

1 medium potato, peeled and grated

1-1/2 teaspoons chili powder

1/4 teaspoon salt

Dash coarsely ground pepper

1/4 cup shredded reduced-fat cheddar cheese

## Directions

1. Cut tops off peppers and remove seeds. In a large saucepan, cook peppers in boiling water for 4-5 minutes. Drain and rinse in cold water; invert on paper towels.
2. In a nonstick skillet, cook beef and potato over medium heat until meat is no longer pink; drain. Stir in the chili powder, salt and pepper. Spoon into peppers.
3. Place in a small baking pan coated with cooking spray. Cover and bake at 350° for 35 minutes. Sprinkle with cheese. Bake, uncovered, 5-10 minutes longer or until cheese is melted.

## Nutrition Facts

1 stuffed pepper: 332 calories, 12g fat (6g saturated fat), 66mg cholesterol, 487mg sodium, 28g carbohydrate (5g sugars, 5g fiber), 29g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1 starch, 1 fat.

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