



# Teriyaki Beef Stuffed Peppers (Cooking for 2)



Prep  
25 MIN

Total  
1 HR 10 MIN

Servings  
2

## Ingredients

- 1/2 cup uncooked Minute™ white rice
- 1/2 cup Progresso™ beef flavored broth (from 32-oz carton)
- 2 large red bell peppers
- 1/2 lb lean (at least 80%) ground beef
- 2 green onions, thinly sliced on the bias, white and green parts separated
- 1/2 cup shredded carrots
- 3 tablespoons packed brown sugar
- 2 tablespoons soy sauce
- 1 tablespoon chile garlic sauce
- 1/2 teaspoon ground ginger
- 1/2 cup shredded mozzarella cheese (2 oz)

## Steps

- 1 Heat oven to 425°F. Spray 8-inch square (2-quart) baking dish with cooking spray. In medium bowl, mix rice and broth. Cut each bell pepper in half vertically. Remove seeds and membranes; place cut side up in baking dish.
- 2 In 10-inch nonstick skillet, cook beef, green onion whites and shredded carrots over medium heat 8 to 9 minutes, stirring occasionally, until beef is deep brown and vegetables soften. Stir in brown sugar, soy sauce, chile garlic sauce and ginger; cook 1 to 2 minutes longer or until sauce is absorbed. Stir beef mixture into rice mixture. Stir in cheese.
- 3 Divide beef mixture evenly among bell peppers in baking dish. Cover tightly with foil. Bake 45 to 50 minutes or until bell peppers and rice are tender; top with green onion greens.

## Tips

## Nutritional Information

- Like it hot? Serve with extra chile garlic sauce.
- Need to save time? Opt for preshredded bagged carrots.

Serving Size: 1 Serving

<b>Calories</b>	<b>620</b>	<b>Calories from Fat</b>	<b>170</b>
<b>Total Fat</b>		<b>19g</b>	<b>30%</b>
	<b>Saturated Fat</b>	<b>8g</b>	<b>41%</b>
	<b>Trans Fat</b>	<b>1g</b>	
<b>Cholesterol</b>		<b>85mg</b>	<b>29%</b>
<b>Sodium</b>		<b>1560mg</b>	<b>65%</b>
<b>Potassium</b>		<b>890mg</b>	<b>25%</b>
<b>Total Carbohydrate</b>		<b>78g</b>	<b>26%</b>
	<b>Dietary Fiber</b>	<b>5g</b>	<b>21%</b>
	<b>Sugars</b>	<b>30g</b>	
<b>Protein</b>		<b>34g</b>	

**% Daily Value\*:**

<b>Vitamin A</b>	<b>200%</b>	<b>Vitamin C</b>	<b>180%</b>
<b>Calcium</b>	<b>30%</b>	<b>Iron</b>	<b>30%</b>

**Exchanges:**

2 Starch; 0 Fruit; 2 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 2 Vegetable; 3 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 3 Fat;

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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