

Unstuffed Peppers

1 lb of lean ground beef
1 large jar of your favorite spaghetti sauce
1 red bell pepper,
1 green bell pepper
1 orange bell pepper
1 yellow bell pepper
1 medium onion
1 1/2 cups of Minute Rice
1 C Shredded Cheddar Cheese
Water
Olive Oil

Brown ground beef in a tablespoon of olive oil in a deep skillet or dutch oven. While the beef is cooking, dice all bell peppers and onion into large pieces. .

Once the ground beef is cooked, drain off any excess grease and then add all the peppers, onion, spaghetti sauce, rice and a cup and a half of water to your pot and stir. Bring to a boil and then reduce heat to low and simmer for approximately 20 to 25 minutes, or until the rice is cooked and the peppers are softened.

Serve with shredded cheese sprinkled on top while hot so it can melt before eating. Sometimes I will also add cheese in the mixture before plating as well.

www.moderndaythemom.com

