



**FUEL &
FLAVOR**

EAT THE RAINBOW



EASY UNSTUFFED PEPPERS (CF-FRIENDLY)

INGREDIENTS

- 1 lb lean ground beef or ground turkey
- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 bell peppers (any color), chopped
- 3 cloves garlic, minced
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can tomato sauce
- 2 cups cooked rice (white or brown)
- 1 teaspoon Italian seasoning
- ½ teaspoon paprika
- Salt and pepper, to taste
- 1½ cups shredded mozzarella or cheddar cheese
- Fresh parsley, optional

Optional High-Calorie Add-Ins

- 2 tablespoons butter stirred in before serving
- ½ cup heavy cream mixed into the sauce
- Extra shredded cheese
- Sliced avocado
- Sour cream
- Parmesan cheese

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Brown the ground beef with the onion until cooked through. Drain excess grease if needed.
3. Stir in the chopped peppers and garlic. Cook for 5–7 minutes until peppers begin to soften.
4. Add the diced tomatoes, tomato sauce, Italian seasoning, paprika, salt, and pepper. Simmer for 10 minutes.
5. Stir in the cooked rice.
6. Sprinkle cheese over the top, cover, and cook 2–3 minutes until melted.
7. Garnish with parsley and serve.

Nutrition Highlights

- Protein: Ground beef and cheese help support muscle maintenance.
- Carbohydrates: Rice provides energy to fuel daily activities and exercise.
- Healthy fats: Olive oil and optional avocado or butter increase calorie intake.
- Vitamin C: Bell peppers provide more vitamin C than many citrus fruits, supporting immune health.
- Calcium: Cheese contributes calcium and additional calories.