

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Unstuffed Bell Peppers

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Serves 4

2 Tbs coconut oil or butter

1 pound ground beef

1 onion, diced

3 tomatoes, chopped

1 bell pepper, diced

½ cup raw rice (If you want to use brown rice, you will have to add on about 25 minutes more of cooking time.)

½ cup beef stock or water

1 tsp Worcestershire sauce

1 tsp salt

¼ tsp pepper

1 cup shredded cheddar cheese, optional

Preheat oven to 350 degrees. Grease a casserole dish and set aside. In a skillet, heat the oil over medium-high heat. Add the ground beef and onion and cook, breaking up with a spoon, until no longer pink. Transfer to the casserole dish and stir in the tomatoes, pepper, raw rice, stock, Worcestershire and spices. Cover and bake for 1 hour or until rice is tender. Sprinkle with the cheese and return to the oven until the cheese melts, about 5 minutes.