

# Blue is Better Recipe (Serves 4) Lighter Stuffed Peppers

## Ingredients

- 1-10.75 oz. can reduced-fat, low-sodium condensed tomato soup undiluted & divided
- 1/4 c. water
- 8 oz. lean ground beef or turkey
- 1 c. cooked brown rice
- 3/4 c. frozen corn, thawed
- 1/4 c. sliced celery
- 1/4 c. chopped red bell pepper
- 1 tsp. Mrs. Dash, Italian seasoning
- 1/2 tsp. hot pepper sauce
- 2 green, yellow or red bell peppers, cut in half lengthwise & seeds removed.

## Preparation Instructions

1. Preheat oven to 350°. Blend 1/4 c. soup & water in small bowl. Pour into 8x8" baking dish; set aside. Brown meat; drain well. Combine remaining soup with meat, rice, corn, celery, chopped bell pepper, Mrs. Dash & hot pepper sauce in large bowl; mix well.
2. Fill pepper halves equally with meat mixture. Place stuffed peppers on top of soup mixture in baking dish. Cover & bake 35-40 minutes. To serve spoon remaining sauce from baking dish over peppers.



## NUTRITION FACTS

### Serving Size

1 stuffed pepper half

### Amount Per Serving:

<b>Calories</b> .....	204
Calories from Fat.....	27
<b>Total Fat</b> .....	3 g
Saturated Fat.....	1 g
<b>Cholesterol</b> .....	22 mg
<b>Sodium</b> .....	326 mg
<b>Carbohydrate</b> .....	33 g
Dietary Fiber.....	3 g
<b>Protein</b> .....	13 g