



Deconstructed Stuffed Capsicums

4 servings

50 minutes

Ingredients

2/3 cup Brown Rice
 450 grams Extra Lean Ground Beef
 2 tsps Extra Virgin Olive Oil
 2 Red Capsicums (chopped)
 2 tsps Italian Seasoning
 1 1/3 tsps Paprika
 2/3 tsp Sea Salt
 1/3 tsp Red Pepper Flakes
 2 1/3 cups Crushed Tomatoes (from the can)
 2/3 cup Diced Tomatoes (from the can)
 1 cup Water
 4 stalks Green Onion (chopped, divided)

Nutrition

Amount per serving	
Calories	406
Fat	15g
Saturated	5g
Carbs	40g
Sugar	10g
Protein	28g
Cholesterol	73mg
Sodium	745mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the capsicums for about 8 minutes until just tender. Add the browned beef back to the pot and season with Italian seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the capsicums are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavour, Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chilli powder.

No Red Capsicum, Use any colour of capsicum instead.

No Beef, Use ground pork or sausage meat instead.

No Brown Rice, Use white rice, quinoa or cauliflower rice instead.