

# DINNERLY



## Upgrade to Add Beef

### Mediterranean Stuffed Peppers



30-40min



2 Servings

| We customized this recipe by adding ground beef.

### WHAT WE SEND

- 5 oz jasmine rice
- 2 bell peppers
- 2 plum tomatoes
- 10 oz pkg grass-fed ground beef
- 8 oz can tomato sauce
- ¼ oz Italian seasoning
- 1.4 oz piece feta <sup>7</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

### TOOLS

- small saucepan
- rimmed baking sheet
- medium ovenproof skillet

### ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 800kcal, Fat 27g, Carbs 84g, Protein 41g



#### 1. Cook rice

Preheat broiler with a rack in the top position.

In a small saucepan, combine **rice, 1¼ cups water**, and **¾ teaspoon salt**; bring to a boil over high. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove **half of the rice** for own use; cover **remaining rice** in pot to keep warm until step 5.



#### 2. Prep ingredients

Halve **peppers**; discard stems and seeds. Place peppers cut-side up on a rimmed baking sheet; drizzle lightly with **oil**.

Coarsely chop **tomatoes**.

Finely chop **2 teaspoons garlic**.



#### 3. Broil peppers

Broil **peppers** on top oven rack, flipping halfway through, until slightly tender and browned around the edges, 8–12 minutes. Remove baking sheet with peppers from oven; keep broiler on.



#### 4. Start sauce

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium. Add **chopped tomatoes and garlic** and **a pinch of salt**. Cook until fragrant, about 1 minute. Add **beef** and **a pinch of salt**; cook, breaking up into smaller pieces, until browned and cooked through, about 5 minutes (drain off any excess fat, if desired).



#### 5. Finish sauce

Add **tomato sauce, ¼ cup water**, and **2 teaspoons Italian seasoning**; season with **salt** and **pepper**. Cook until **sauce** is slightly thickened, 3–5 minutes.



#### 6. Finish & serve

To saucepan with **rice**, add **half of the sauce** (leave remaining in skillet) and stir to combine. Spoon **filling** into **roasted peppers**, then transfer peppers to skillet. Spoon **some of the remaining sauce** in skillet over tops of peppers, then sprinkle with **crumbled feta**.

Broil on top oven rack before serving until **feta** is golden, 1–3 minutes. (watch closely). Enjoy!