

# Unstuffed Bell Pepper Bowl

*Recipe makes 6 meals*

## Ingredients

1 lb 93/7 Ground Beef  
1 ½ C Rice, uncooked  
2 Bell Peppers, diced  
1 Medium Onion, diced  
14.5 oz Can of Diced Tomatoes, in juice  
8 oz Can of Tomato Sauce  
12 oz Frozen Peas and Carrots  
6 oz Shredded Cheese  
1 Tbsp Worcestershire Sauce  
1 Tbsp Garlic Powder  
1 Tbsp Oregano  
1 tsp Basil  
1 tsp Thyme  
Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

Calories - 421

Fat - 15g

Carbohydrates - 52g

Protein - 29g

**Estimated Cost  
Per Meal**

**\$2.71**

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# Instructions

1. Start by cooking your rice according to the instructions on the package. When rice is done, set aside.
2. Dice your bell peppers and onions and set aside.
3. Heat a large skillet over medium-high heat and add your ground beef. Cook until beef is no longer pink and reaches an internal temperature of 160°F.
4. Once your beef is done, reduce the heat to medium and add in your Worcestershire sauce, diced onions, diced bell peppers, oregano, basil, thyme, garlic powder, diced tomatoes with the juice, tomato sauce, and peas and carrots. Mix well, cover, and cook for 15 minutes.
5. After 15 minutes, uncover and add salt and pepper to taste. Mix well and remove from heat.
6. Add your cooked rice into a large mixing bowl and pour in your cooked ground beef mixture. Mix well.
7. Divide evenly among 6 meal containers. Top with ¼ C of cheese in each meal.
8. Enjoy!

## Notes

- The calories and macros do include the cheese which is 110 calories per meal. If you leave the cheese out, adjust the calories and macros accordingly.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.