

Stuffed Green Peppers

**Serving Size**

4

**Skill Level**

Moderate

**Diet Type**

Dialysis

Ingredients

- 4 small green peppers
- 1 cup cooked white rice
- 1/2 lb lean beef
- 1/4 cup white onions
- 1/4 cup celery
- 1 tsp black pepper
- 1 tbsp italian seasoning
- 1/2 tbsp celery seed

Directions

1. Preheat oven to 350
2. Remove tops of green peppers and remove seeds.
3. In a pan cook beef, onions, and celery.
4. In a separate pot cook 1 cup of rice, follow instructions on packet.
5. Once cooked, mix together the white rice, onions, celery, black pepper, italian seasoning, and celery seed.
6. Stuff peppers with mixture and place in a greased pan.
7. Cook for 25 minutes and enjoy!

Nutrition Facts

Serving: 4

Amount per serving

Calories 230

Sodium	75 mg
Potassium	415 mg
Phosphorus	132 mg
Carbohydrates	19 g
Protein	17 g