

Beef & Zucchini Stuffed Pepper

A filling dinner for one

SERVES 1 | PREP 15 MIN | COOK 30 MIN

INGREDIENTS

- 1 large red bell pepper, halved lengthwise and seeded
- 1 teaspoon olive oil
- 5 ounces lean ground beef (93% lean)
- 1/2 cup small-diced zucchini
- 1 small garlic clove, minced
- 1/3 cup cooked rice
- 1/4 cup plain crushed tomatoes (no onion)
- 1/4 teaspoon dried oregano
- 1/4 teaspoon smoked paprika
- Kosher salt and black pepper, to taste
- 2 tablespoons shredded mozzarella

DIRECTIONS

1. Heat oven to 400°F. Set the pepper halves cut side up in a small baking dish with 2 tablespoons water. Roast for 10 minutes.
2. Meanwhile, heat the oil in a skillet over medium heat. Brown the beef for 5–7 minutes, breaking it up, until it reaches 160°F. Add zucchini and cook 3 minutes; stir in garlic for 30 seconds.
3. Stir in cooked rice, crushed tomatoes, oregano, paprika, salt, and pepper. Spoon the filling into the pepper halves.
4. Cover the dish with foil and bake 15 minutes. Remove foil, top with mozzarella, and bake about 5 minutes more, until the cheese melts and pepper is tender.

JANE'S NOTE

I like that the whole pepper becomes the bowl. A little rice makes it dinner, while the zucchini keeps the filling juicy.

MAKE-AHEAD & STORAGE

Refrigerate in a covered container up to 3 days. Reheat thoroughly until steaming hot.