Ben's Original™

All American Stuffed Peppers
RECIPE

All American Stuffed Peppers



TIME	45 min
INGREDIENTS	12 items
MAKES	6 servings

This recipe is as American as cornflakes because of the not-so-secret ingredient that gives this dish its unique flavor.

INGREDIENTS

- 4 cups Ben's Original™ Long Grain White Rice, cooked
- 1 Teaspoon salt
- 3 large bell peppers, cut in half lengthwise and seeds removed
- 2 Tablespoons unsalted butter
- 1 cup onion, chopped
- 1 cup celery
- 1 clove garlic
- 1 cup frozen corn, thawed
- 1 (14 ounce) can chopped tomatoes, low sodium, drained
- 1/4 cup parsley, chopped
- 1 Teaspoon dry rosemary, crushed

- 1/4 cup cornflakes, crushed

INSTRUCTIONS

1. Preheat oven to 350°F. Butter a rectangular baking dish and place peppers, cut side down, in the baking dish and place inside the oven while it preheats to soften the peppers, about 10-15 minutes.
2. Cook rice according to package instructions.
3. Heat a large skillet and 2 Tablespoons butter over medium heat. Sauté onion, celery and garlic until tender, about 5 minutes. Add corn, tomatoes, parsley, rosemary, salt and cooked rice to the skillet, stirring until heated through, about 2 minutes.
4. Remove baking dish from the oven, carefully turn peppers so the cut side is up, and fill each with an equal portion of the rice mixture.
5. Sprinkle crushed cornflakes over the peppers, return to oven and bake uncovered 12-15 minutes.

Nutrition:

- CALORIES: 210
- TOTAL FAT: 4g - 5%
- SATURATED FAT: 2.5g - 13%
- TRANS FAT: 0g
- CHOLESTEROL: 10mg - 3%
- SODIUM: 470mg - 20%
- TOTAL CARBOHYDRATES: 39g - 14%
- DIETARY FIBER: 3g - 11%
- TOTAL SUGARS: 7g
- PROTEIN: 5g

Categories:

Stovetop, Bake, 30 - 45 MIN, Vegetarian, Healthy Options, White

MORE RECIPES LIKE THIS



Fully Loaded Jambalaya

Cooking time

20 min

Ingredients

9 items



Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items



Wild Rice Chicken Supreme

Cooking time

45 min

Ingredients

13 items

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