

All American Stuffed Peppers RECIPE

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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.

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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

PRODUCTS USED



BEN'S ORIGINAL™ Parboiled Long Grain White Rice

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INSTRUCTIONS

1. 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. 2

Cook rice according to package instructions.

3. 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.

4.4

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. 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

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Fully Loaded Jambalaya

Cooking time

20 min

Ingredients

9 items

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Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items

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Wild Rice Chicken Supreme

Cooking time

45 min

Ingredients

13 items

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