



thursday

MOROCCAN-STYLE STUFFED PEPPERS

1 8- to 10-ounce bag microwavable brown rice
or 1 2/3 cups cooked brown rice
4 medium-to-large bell peppers, tops cut off and seeded
1 pound lean (90% or leaner) ground beef
4 cloves garlic, minced
½ cup currants
2 teaspoons ground cumin
1 teaspoon ground cinnamon
2½ cups low-sodium vegetable juice, divided
1 cup chopped fresh mint, plus more for garnish
1 teaspoon freshly grated orange zest
¾ teaspoon salt
¼ teaspoon freshly ground pepper

Heat rice according to package directions. (If using cooked rice, skip to Step 2.) Place peppers upside-down in a microwave-safe round casserole dish just large enough to fit them. Add 1/2 inch water to the dish and cover with a lid or inverted dinner plate. Microwave on High until the peppers are tender but still hold their shape, 3 to 6 minutes. Drain the water and turn the peppers right-side up.

Meanwhile, cook beef and garlic in a large nonstick skillet over medium-high heat, breaking up the beef with a wooden spoon, until no longer pink, 4 to 6 minutes. Stir in currants, cumin and cinnamon; cook for 1 minute. Stir in the rice and cook for 30 seconds more.

Remove from the heat and stir in 1/2 cup vegetable juice, cup mint, orange zest, salt and pepper.

Spoon the beef mixture into the peppers. Pour the remaining 2 cups vegetable juice into the dish and cover. Microwave on High until the juice and filling are hot, 2 to 3 minutes. Serve the peppers with the sauce; garnish with mint, if desired.

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Serves 4

Active Time: 30m

Total Time: 30m

NUTRITION FACTS

Amount per serving:

Calories: 451

Total Fat: 12g

Saturated Fat: 4g

Monounsaturated Fat: 4g

Cholesterol: 87mg

Sodium: 629mg

Carbohydrates: 48g

Dietary Fiber: 8g

Total Sugars: N/A

Added Sugars: 0g

Protein: 36g

Potassium: 1410mg