Recipe by Ben Taylor
Serves 6

Less than an hour until you need to have dinner on the table? Give this recipe a try. This hearty dish will definitely make it into your family’s rotation of favorites like it has in my home!

Ingredients

- 1 lb. lean ground beef (can substitute ground turkey)
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tsp Italian seasoning
- ¼ cup tomato paste
- 2 cups brown rice, cooked
- 1 can (14.5 oz) petite diced tomatoes, drained
- 1 cup shredded Italian or mozzarella cheese

Instructions
Preheat oven to 350 degrees. Spray a 9x13" casserole dish with nonstick cooking spray and set aside.

Cook rice according to package directions.

In a large skillet over medium-high heat, brown lean ground beef and onion. Drain excess fat.

Add diced peppers and cook for approximately 4 minutes until softened, then add garlic and cook one more minute.

Stir in tomato paste, tomatoes, and Italian seasoning. Bring to a boil. Stir in rice.

Transfer mixture to casserole dish and cover it evenly with cheese.

Bake casserole for 25-30 minutes until heated through and cheese is melted.

Nutrition information (serving size 1 cup): Calories 286 | Carbs 26 g | Fat 11 g | Protein 24 g