



## PHILLY CHEESESTEAK STUFFED PEPPERS

Basic Lifestyle

### INGREDIENTS

4 large green bell peppers (look for peppers that sit flat)  
1 lb. raw lean ground beef (4% fat or less)  
1 cup chopped onion  
1 cup chopped mushrooms  
4 slices low-fat American cheese, torn into pieces  
Spices: garlic powder, salt, black pepper

### INSTRUCTIONS

—Preheat oven to 350 degrees.

—Carefully slice off and discard about half an inch from the top (stem end) of each bell pepper. Remove and discard seeds. Place peppers cut-side up in a deep 9" X 13" baking pan. If peppers do not sit flat, gently lean them against the pan sides for support.

—Bake until peppers are soft, 20 - 25 minutes.

—Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and sprinkle with 3/4 tsp. garlic powder and 1/2 tsp. each salt and black pepper. Add onion and mushrooms. Cook, stir, and crumble until beef is fully cooked and veggies have softened, about 10 minutes.

—Transfer beef-veggie mixture to a large bowl. Add cheese pieces, and stir until melted and well mixed.

—Blot away excess moisture from bell peppers. Evenly distribute beef mixture among the peppers.

**SERVING INFO:** (Serves 4)

1 stuffed pepper = 1 P, 1 V