

Lasagna Stuffed Peppers

4 large red bell peppers, halved lengthwise and seeded
1 pound ground beef
1 clove garlic, minced
salt and pepper, to taste
1/4 teaspoon garlic powder, divided
1/2 pound mushrooms, sliced

1 cup spaghetti sauce
15 ounces whole milk ricotta cheese
2 tablespoons Parmesan cheese
1 egg
6 ounces mozzarella cheese, shredded
1/4 cup Parmesan cheese

Place the peppers in a large baking pan at least 9 x 13 inches; sprinkle the inside of the peppers with salt. Meanwhile brown the ground beef, garlic, mushrooms, salt, pepper and half the garlic powder; drain the fat. Stir in the spaghetti sauce and adjust the seasonings as needed. Combine the ricotta cheese, egg and 2 tablespoons parmesan cheese in a small bowl; season with salt, pepper and the remaining garlic powder. Divide the ricotta mixture between the pepper halves. Top the ricotta mixture with the meat sauce; mound the mozzarella cheese over the top of each pepper. Sprinkle with the 1/4 cup parmesan. Bake at 350° for 45 minutes or until the cheese is melted and browned.

Makes 8 servings
Can be frozen
Source: genaw.com

Nutrition Facts

Amount per Serving

Calories 5062

Calories from Fat 711

% Daily Value*

Total Fat 134g 206%

Saturated Fat 80g 400%

Cholesterol 630mg 209%

Sodium 4823mg 200%

Total Carbohydrate 57g 19%

Dietary Fiber 6g 24%

Sugars 28g

Protein 208g

Vitamin A 111% Vitamin C 0%

Calcium 327% Iron 11%

Percent Daily Values are based on a 2,000 calorie diet.