

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
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
Cook rice according to package instructions.
- 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
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
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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Cooking time

20 min

Ingredients

9 items

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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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