Prep time: 20 minutes
Cook time: 1 hour
Serves: 6
Cost per Serving: $1.50

**Utensils Needed:**
- Large bowl
- 9X13 baking dish
- Measuring spoons
- Cutting board
- Grater
- Stirring spoon

**Beefy-Vegetable Stuffed Peppers**

**Ingredients:**
- 1 pound 90% lean ground beef
- Black pepper to taste
- ½ teaspoon salt
- ½ teaspoon dried oregano
- 1 small onion, minced
- ½ cup quick cooking oatmeal
- 1 medium zucchini, coarsely grated
- 1 egg, lightly beaten
- 1 10-oz pkg. frozen chopped spinach, thawed and squeezed dry
- 3 medium bell peppers, cut in half lengthwise, cored
- 2 (14.5-oz) cans no salt added diced tomatoes, juice reserved

**Directions:**
1. Preheat oven to 350°F.
2. In a large bowl, combine the beef, salt, pepper, oregano, onion, oatmeal, zucchini, egg, and spinach. Mix until well combined.
3. Arrange the pepper halves cut side up in a 9X13 baking dish and fill each pepper half with the meat mixture.
4. Pour the tomatoes with their juices over the peppers.
5. Cover with aluminum and bake for 30 minutes. Uncover and bake the peppers until mixture inside peppers reaches 165 degrees. (about 30-45 more minutes)