

THRIVE

UNSTUFFED PEPPERS

- 1/2 c. Thrive Ground Beef (FD)
- 1/4 c. Thrive Chopped Onions (FD)
- 1 c. Thrive Green Bell Pepper (FD)
- 1 c. Thrive Red Bell Pepper (FD)
- 1/4 c. Thrive Tomato Powder
- 1 c. Thrive Instant White Rice
- 1 T. Thrive Italian Seasoning Blend
- 1/2 tsp. Thrive Chef's Choice
- 2 tsp. minced Garlic
- 2 tbsp. Beef Bouillon
- 1 c. Cheddar Cheese (optional)

In a large saucepan bring 6 cups of water to a boil. Add contents of jar and let simmer for 15-20 minutes. For a thicker casserole meal use 4 cups.

Sprinkle with cheddar cheese and serve.

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