



Total Time
60 MIN.

Serving & Size
1 EACH (ABOUT 10 OZ)

Difficulty
EASY

Yields
20


A combined dish of peppers, onion, rice and ground beef made with Campbell's® Healthy Request® Condensed Tomato Soup. Flavors of Worcestershire and hot pepper will add spice to any menu.

Nutrition Facts	
Serving Size	1 EACH (ABOUT 10 OZ)
Amount Per Serving	
Calories 453	
% Daily Value	
Total Fat 18.2g	28%
Saturated Fat 6.6g	33%
Cholesterol 101mg	34%
Sodium 391mg	16%
Total Carbohydrate 34.5g	12%
Dietary Fiber 1.8g	7%
Protein 35.1g	70%
Vitamin A 3%	Vitamin C 36%
Calcium 4%	Iron 31%

INGREDIENTS

WEIGHT

MEASURE

85% lean ground beef	5 lb.	
green pepper, large 2-inch long strips	40 oz.	6 1/2 cups
onion, chopped	20 oz.	2 1/2 cups
 Campbell's® Healthy Request® Condensed Tomato Soup , 50 oz ea	50 oz.	1 cans
water	40 oz.	5 cups
Worcestershire sauce		5 tbsp.
garlic powder		5 tsp.
cumin, ground		5 tsp.
hot pepper sauce		3 tsp.
black pepper, ground		1 tsp.
instant white rice, uncooked		5 cups

INSTRUCTIONS

1. Cook beef, green peppers and onions in skillet until beef is browned, stirring to separate meat. Pour off fat.
2. Add soup, water, Worcestershire, garlic powder, cumin, hot pepper sauce and black pepper. Heat to a boil.
3. Stir in rice. Cover and set aside 5 min and internal temperature is 165°F or higher for 15 seconds. Fluff with fork.