

SHORTCUT STUFFED PEPPERS AND PIZZA POCKETS

TWO FOR ONE RECIPE

INGREDIENTS FOR BOTH RECIPES

- 1lb ground beef
- 1 jar (24 ounce) marinara
- 1 cup water
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- 4 bell peppers
- 1 bag 90 second brown rice
- 1 bag (8oz) shredded mozzarella cheese
- 1 roll (13.8 oz) refrigerated pizza dough



INSTRUCTIONS FOR SAUCE

1. In a large skillet, cook ground beef over medium-high heat until browned through, 5-7 minutes.
2. Drain beef, wipe remaining grease with a paper towel, then return beef to the pan.
3. Add marinara, water, onion powder, Italian seasoning, and salt and pepper to taste.
4. Bring to a boil, then reduce heat and simmer uncovered for 10 minutes to reduce.

STUFFED PEPPERS

1. Preheat oven to 350 degrees F.
2. Prepare microwave rice according to package instructions.
3. Bring a large pot of water to a boil and gently boil peppers for 5 minutes then set aside to cool before filling.
4. In a large bowl, combine cooked brown rice with 3 cups of sauce.
5. Set peppers cooked side up on a large baking sheet and fill each pepper about ¾ full of rice mixture.
6. Cover with foil and bake for 25 minutes.
7. Remove foil, sprinkle each pepper with 2 tablespoons cheese, and bake another 5 minutes.

PIZZA POCKETS

1. Preheat oven to 425 degrees F.
2. Roll out dough and cut into 8 even squares using a pizza cutter or knife.
3. Place 2 tablespoons sauce in the center of each square.
4. Top sauce with 1 tablespoon cheese.
5. Fold the dough from one corner to the opposite corner to make a pocket.
6. Using a fork, press gently along the edge of the pocket to seal.
7. Bake for 12-15 minutes or until crust is golden.



SHORTCUT STUFFED PEPPERS

NUTRITION FACTS

How can these meals be helpful when recovering from substance abuse?

Malnutrition is common with substance abuse disorder. Patients will often forgo food in favor of drugs or alcohol, and many stimulants severely decrease appetite leading to rapid weight loss. In patients who are severely malnourished or who have not eaten for a period of days, food must be reintroduced slowly to prevent a potentially fatal condition known as refeeding syndrome. Since alcohol itself contains calories, excessive intake may lead to weight gain which can mask malnutrition. Patients should emphasize protein rich foods to combat muscle loss. These meals are calorie dense with about 20g protein per serving to help restore lean body mass. In early recovery, patients will also need to focus on meals that are simple and affordable. This 2-in-1 recipe fits the bill.

Essential Nutrients

Multiple vitamin and mineral deficiencies can lead to physical and neurological disorders as well as reduced immune function. Chronic dehydration may further exacerbate deficiencies in water soluble vitamins such as Vitamin C and B vitamins. The most common deficiency in those who abuse alcohol is Thiamin (B1) which is present in up to 80% of alcoholics. This deficiency, along with pyridoxine, folate and vitamin A promote:

- Altered cognitive state
- Night blindness
- Anemia

Beef is an excellent source of B vitamins to help combat deficiency. For example, each stuffed pepper contains about 20% of the recommended daily value of B1.

CHECK THE LABEL

Stuffed Peppers

Nutrition Facts	
servings per container	
Serving size	(503g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 760mg	33%
Total Carbohydrate 51g	19%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 4mg	20%
Potassium 1186mg	25%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	