

Zucchini Bake

Prep Time: 15 mins

Cook Time: 50 mins

Servings: 6

Ingredients:

- 3 cups chopped zucchini
- 1 lb lean ground beef
- 1 cup chopped onion
- 1/2 cup chopped bell pepper
- 1/2 cup dry rice
- 1 can stewed tomatoes
- 1 tsp salt
- 1 tsp basil
- 1/2 tsp oregano
- 1/2 tsp lemon pepper
- 1/4 cup parmesan cheese
- 1/4 cup bread crumbs

Instructions: (see Video Above)

1. Preheat oven to 375
2. Brown lean ground beef
3. Season meat with salt and pepper
4. Dice onion and bell pepper
5. Add to cooked meat
6. Chop zucchini

7. Add zucchini and tomatoes to pan
8. Add spices
9. Mix well
10. Add dry rice and mix well
11. Pour into a greased dish
12. Top with bread crumbs and parmesan cheese
13. Cover and bake for 45 minutes
14. Bake uncovered for another 5 minutes