



## Harris Ranch Fully Cooked Bell Peppers Stuffed with Seasoned Ground Beef with Marinara

Our new fully cooked green bell peppers are stuffed with lean ground beef seasoned with onion, garlic and other spices and then slow cooked in a delicious marinara sauce seasoned with basil, parsley and garlic. This traditional favorite is not only convenient but also contains substantial Vitamin C. Enjoy as-is or serve over rice or pasta for a complete dinner in just minutes.



### Product Features

- Our new bell peppers are stuffed with an 85/15 seasoned ground beef mixture and slow cooked in a rich tomato, garlic and herb marinara. This product is packed with two peppers per package, averaging between 10-12 oz. per pepper.
- Fully cooked stuffed bell peppers take just minutes in the microwave to reheat, a benefit for today's busy consumer. Additional heating options also available.
- Harris Ranch fully cooked bell peppers are slow cooked to produce tender green peppers with a savory ground beef and rice stuffing. The restaurant-quality marinara provides the perfect compliment.
- Produced exclusively from Harris Ranch beef and locally-grown bell peppers.

### Nutrition Information

Nutrition Facts	
Serving Size 7 oz. (196g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 230	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 530mg	22%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 15g	
Vitamin A 6%	Vitamin C 90%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Heating Instructions

**MICROWAVE:** NOTE: MICROWAVE OVENS VARY IN HEATING EFFICIENCY. ADJUST RECOMMENDED HEATING TIMES AS NECESSARY. Remove clear plastic wrap from package. Tear off perforated strip from side of package sleeve. Cut two or three 1" slits in the top of the cooking pouch. Place pouch on a microwave safe dish or rigid surface. When heating, juices may disperse from pouch. Cover with paper towel if desired. Microwave on high for **9-11 MINUTES** depending upon microwave wattage. Let stand 2-3 minutes. CAUTION: BAG AND CONTENTS WILL BE VERY HOT.

**HOT WATER BATH:** Fill a large pan with 3 1/2 quarts water and bring to a boil. Turn heat off and carefully place bag with contents into hot water (do not open or puncture bag). Leave package in hot water for 12-14 minutes. Remove bag with large tongs. CAUTION: BAG AND CONTENTS WILL BE VERY HOT. Let stand 2-3 minutes. Cut one end of bag with scissors and pour contents into serving dish.

**FROZEN:** Thaw in refrigerator overnight prior to heating or defrost in microwave (defrosting times will vary based on heating efficiency). Once thawed, follow one of the suggested heating instructions.

**INGREDIENTS:** BEEF STUFFING: BEEF, SEASONING (RICE FLOUR, TOMATO POWDER, SEA SALT, ONION POWDER, BEEF STOCK, CORN STARCH, GARLIC POWDER, SPICES, RAISIN JUICE CONCENTRATE, DEHYDRATED ONION, HONEY, SALT, PARSLEY, NATURAL FLAVOR), WATER, RICE, BELL PEPPER. MARINARA SAUCE: (WATER, TOMATO PASTE, SUGAR, MODIFIED FOOD STARCH, SALT, ONION, GARLIC, NATURAL FLAVORS, BASIL, OREGANO, CITRIC ACID, ANNATO EXTRACT).

### Product Specifications

Product Code:	1152424
UPC Code:	0084706957448
Piece Weight:	22 oz. (fixed)
Case Count:	8 trays per case
Case Weight:	11 lbs. per case
Case Size:	18.25" X 14.25" X 8.125"
Cases/Pallet:	48
Case Cube:	1.23
High:	6
Tie:	8
Unit Tare:	.1818
Shelf Life:	Minimum 35 days