

STUFFED PEPPERS

TIME: ~60 MINUTES

Ingredients:

1lb ground beef *optional
brown rice
diced onion
garlic powder
tomato sauce
shredded cheese
bell peppers

*can be made vegetarian by leaving out the ground beef and using more rice!

Directions:

Start by cooking the ground beef on a large frying pan. At the same time in a pot, cook your rice. (for 4 peppers, 1 cup (measured when uncooked) is usually enough). When the beef is nearly done, add diced onion and garlic powder to the pan. Fry until beef is fully cooked and onions are soft. Add your cooked rice followed by the tomato sauce - enough that everything is coated in it but not too much that its taken over by sauce. Mix in some shredded cheese.

Prepare your peppers by cutting them in half, base to temp, and removing the seeds. Place face-up on a baking sheet. Fill the peppers with the beef/rice mixture and then top with some more shredded cheese. I ALWAYS make too much filling - its a guessing game.

Bake @ 350F for about 30min or until cheese is melted and peppers look softened.