

# Stuffed Peppers

## Ingredients

- 12 green bell peppers
- 2 pounds ground beef
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 cups cooked rice
- 28-ounce can tomato sauce, divided
- 1 Tbsp salt
- 1/2 tsp black pepper
- 2 cups shredded cheddar cheese

## Instructions

1. Preheat oven to 350 degrees.
2. Slice off the stem end of peppers and reserve for another use. Remove the seeds and membranes from the peppers and rinse peppers inside and out.
3. To parboil, use the microwave as follows. Place 4 peppers at a time face down on a dinner plate, cover with a microwave cover and microwave on high for 3 minutes. Repeat with remaining peppers. Place peppers face up in a baking dish just large enough to accommodate all 12 peppers.
4. Meanwhile, brown ground beef in a large skillet with onion and garlic. Drain off fat. Add rice, half of tomato sauce, salt and pepper; stir and heat until well combined. Quickly stir in the cheese.
5. Fill each pepper with the beef mixture. Pour the remaining tomato sauce evenly over the peppers and cover the baking dish tightly.
6. Bake for 45 minutes, then uncover and bake for an additional 15 minutes. Makes 12.

## Stuffed Peppers

**12 green bell peppers**  
**2 pounds ground beef**  
**2 cloves garlic, minced**  
**1 onion, chopped**  
**2 cups cooked rice**

**28-ounce can tomato sauce,**  
**divided**  
**1 tablespoon salt**  
**½ teaspoon black pepper**  
**2 cups shredded cheddar cheese**

Preheat oven to 350 degrees.

Slice off the stem end of peppers and reserve for another use. Remove the seeds and membranes from the peppers and rinse peppers inside and out.

To parboil, use the microwave as follows. Place 4 peppers at a time face down on a dinner plate, cover with a microwave cover and microwave on high for 3 minutes. Repeat with remaining peppers. Place peppers face up in a baking dish just large enough to accommodate all 12 peppers.

Meanwhile, brown ground beef in a large skillet with onion and garlic. Drain off fat. Add rice, half of tomato sauce, salt and pepper; stir and heat until well combined. Quickly stir in the cheese.

Fill each pepper with the beef mixture. Pour the remaining tomato sauce evenly over the peppers and cover the baking dish tightly. Bake for 45 minutes, then uncover and bake for an additional 15 minutes. Makes 12.

Source: <http://www.busycooks.about.com>.

