



## Stuffed Bell Peppers

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- 6 Medium Bell Peppers
- 1 lb ground beef
- 1/4 chopped onion
- 1 cup cooked rice
- 1-2 tsp salt
- Dash of pepper
- 1 clove of garlic (1 tsp garlic powder)
- 1 (15 oz) can of tomato sauce
- Shredded Mozzarella cheese

### Directions

Cut a thin slice from the stem end of each bell pepper. Remove the seeds, and membranes from the inside until it is just the shell.

Preheat oven to 350 degrees.

In a large skillet cook the beef, onion, and garlic over medium heat until the beef is cooked through. Drain and return to skillet.

Add 8 oz of tomato sauce, salt, pepper, and rice to the beef mixture.

Stuff peppers with beef mixture and stand them in a casserole dish.

Pour remaining tomato sauce over peppers, and top with cheese. Cover and bake for 45-50 minutes, or until peppers are tender.

Makes 6 servings