

Stuffed Peppers

Recipe adapted from: [Stuffed Pepper Recipe](#)

Servings: 6

Ingredients:

- 6 bell peppers (any color works)
- 1-pound lean ground beef
- ½ cup of onion diced
- 14 oz can of diced tomatoes (or 5-6 diced whole tomatoes)
- ½ cup cooked white rice
- 2 cups marinara sauce
- 2 tsp of garlic
- 2 tsp Italian seasoning
- 1 tsp salt
- 1 tsp of pepper
- ** Optional: ½ cup shredded mozzarella cheese

See reverse for instructions



Instructions:

1. Preheat oven to 350 degrees Fahrenheit
2. Bring a large pot of water to a boil. Cut the tops off the peppers and pull out the seeds creating a hollow center. Dip the peppers into the boiling water, letting them cook for 2 minutes, then pull them out and drain on a paper towel.
3. Brown the ground beef and onion in a skillet, add in the garlic and stir until fragrant.
4. Toss in the cooked rice, diced tomatoes, marinara sauce, Italian seasoning, salt, and pepper and stir to combine.
5. Cook until heated through then spoon the ground beef mixture into each of the prepared peppers, then place into a dish and cover it with tin foil.
6. Bake for 10 minutes, remove the foil and continue baking for an additional 15 minutes.
7. **Optional: top with shredded mozzarella cheese and bake for 3 more minutes or until the cheese has melted.

