

## Stuffed Bell Peppers

### Ingredients:

4 medium large bell peppers or 6 medium ones

1 med. Onion diced

1 clove garlic minced

1 lb. ground beef or ground round

1 ½ cups cooked rice

1 cup chopped tomatoes, use fresh

2 tbsp. Italian seasoning

3 tbsp. olive oil

1 tsp. salt

1 14.5 oz. can tomato sauce

Cut the tops of the bell peppers and get all the seeds out by rinsing in cold water. Place in a large saucepan covering with water. Add tsp. salt. Bring to a boil and cook about 5 minutes keeping the peppers submerged. Remove and set aside.

In a medium skillet, while the peppers are cooking. Heat olive oil, add onion and garlic and cook until onions are soft and translucent. Add ground beef and cook until browned and done. Add tomatoes, and one 14 oz. can of tomato sauce.

Cover and let simmer until you cook the rice.

In a medium pot, add 2 cups of hot water bringing it to a boil; add the rice and stir well. Reduce heat to low and cook covered for about 20 minutes or until all the water is gone.

Add rice to meat mixture and remove from the heat.

Stuff peppers with mixture and bake in a preheated 350 degree oven for 1 hour or until peppers are tender.

You can top with more tomato sauce the last 20 minutes of baking if desired.