**Stuffed Peppers**

RECIPE

**INGREDIENTS**

* 20 green, red or yellow peppers
* 3 pounds ground beef
* 1 ½ cups onion, chopped
* 3 cups diced canned tomatoes, drained
* ¾ cup long grain white or brown rice
* 3 cups water
* Salt & pepper to taste
* 3 teaspoons Worcestershire sauce
* 3 cups cheddar cheese
* Optional Ingredients:

mozzarella for cheddar, tomato sauce, garlic powder, Italian seasoning, pasta sauce

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. Cut off the tops of green peppers; discard seeds and membranes. Chop enough of the tops to make 1/4 cup, set aside.
3. Cook peppers, uncovered in boiling water for about 5 minutes; invert to drain well. Sprinkle insides of the peppers lightly with salt.
4. In a pan, cook ground beef, onion and 1/4 cup chopped pepper till meat is browned and vegetables are tender. Drain off excess fat. Add drained tomatoes, Worcestershire sauce, and a dash of pepper.
5. In a separate pot, bring water to a boil add rice. Cook until rice is soft. If needed add more water. Add cooked rice to beef mixture.
6. Stir in 2 ½ cups cheese. Stuff peppers with meat mixture.
7. Place peppers in pan and bake covered oven for 25 minutes.
8. Add remaining cheese to the top of the peppers and bake for an additional 5 minutes or until internal temperature reaches 165 degrees.

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| **Prep Time:** 25 minutes | **Cook Time:** 30 minutes | **Total Time:** 55 minutes | **Yield:** 20 servings |