

STUFFED PEPPERS

PREPARATION TIME: 15 MIN

SERVINGS: 4

COOK TIME: 20 MIN

INGREDIENTS



- 3 red peppers
(Peppers are best precooked, 5 min)
- 1lb ground beef
- 1 small diced yellow onion
- 2 tsp garlic salt
- 1 tbs Worstershire sauce
- 2 1/2 cups marinara sauce
- Salt & pepper to taste
- 1 cup rice, long grain brown or white
- 1 tsp oregano
- 1 egg (beaten)

NOTES - PERSONALIZE IT!



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INSTRUCTIONS



1. Preheat oven to 400 degrees.
2. In a large bowl place ground beef, add garlic salt, salt, pepper, oregano, beaten egg. Stir all together. Clean hands to mix!
3. Add chopped onion to mixture. Set aside.
4. Cook rice according to package instructions. When rice is ready, add it to the ground beef mixture.
5. Take mixture and add 1/2 the marinara sauce to it.
6. Place peppers in a greased baking dish. Stuff each pepper with the meat mixture.
7. Spoon the rest of the marinara over the top.
8. Bake for 20 minutes. Remove from oven and serve!
9. Please share your dishes on social media @blufftoncommunitykitchen!



Let's
cook!