

Stuffed Peppers

2 servings
60 minutes

Ingredients

2 Green Bell Peppers (medium to large)
½ pound ground beef
1 small onion, chopped
salt & pepper to taste
1 cup cooked white rice
1 egg, beaten
1 10oz can Tomato Soup
1 8 oz can Tomato Sauce
4-6 slices Medium Cheddar Cheese (or 1 cup grated cheese)

Directions

Preheat oven to 350°F.

Bring water to a boil in an 8 quart sauce pot. Slice the tops off the peppers and remove any membrane from inside the pepper. Chop the viable parts of the tops of the peppers, set aside.

Meanwhile, Cook ground beef in a skillet over medium heat. Add chopped onion, reserved chopped peppers and cook until meat is browned and vegetables are softened, combine rice with beef and vegetables. Add salt and pepper to taste. Remove from heat and allow mixture to cool. Add beaten egg to cooled beef/rice mixture.

Place peppers in boiling water for about 1-2 minutes, remove, drain, and place upright in a loaf pan. Fill par boiled peppers with beef/rice mixture. Mix Tomato soup with Tomato Sauce and pour generously over the stuffed peppers. Cover dish tightly with foil and place in preheated oven for 45 minutes or until sauce is bubbly. Remove foil and top each pepper with a slice of cheese. Return to oven and heat for 5-7 minutes longer, or until cheese is melted.

Serve Immediately