

# Stuffed Peppers

4 large bell peppers (any color)  
1 lb. lean (at least 80%) ground beef  
2 tablespoons chopped onion  
1 cup cooked rice  
1 teaspoon salt  
1 clove garlic, finely chopped  
1 can (15 oz.) tomato sauce  
 $\frac{3}{4}$  cup shredded mozzarella cheese (3 oz.)



Heat oven to 350°F

Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain

In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot

Cover tightly with foil. Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese