

Stuffed Peppers

Ingredients:

- ~ 1 cup of cooked rice
- ~ 1 lb of lean ground beef
- ~ 1 cup of shredded mozzarella
- ~ one onion – peeled and chopped
- ~ 3 garlic cloves – peeled and chopped
- ~ 1 table spoon of olive oil
- ~ 1 table spoon of parsley
- ~ 1 table spoon of basil
- ~ 1 teaspoon of sage
- ~ 1 teaspoon of thyme
- ~ salt/pepper to taste
- ~ 6 bell peppers – washed and cleaned with tops

Directions:

- ~ In a large skillet sauté onion
- ~ Add beef, garlic, parsley, basil, sage, thyme and pepper. Cook until the meat has browned. Drain the fat.
- ~ Transfer the cooked meat into a large bowl Add rice, cheese and salt. Mix well
- ~ Place peppers into a muffin pan so they do not fall down. Stuff them to the top with the meat/rice filling and place their tops back on
- ~ Cook at 375 degrees F for 45min-1 hour, until peppers have become soft
- ~ Serve with sour cream and enjoy