

Italian Stuffed Peppers

Ingredients

- $\frac{3}{4}$ cup long-grain white rice (cooked underdone and cooled)
- 6 bell peppers any color (large size)
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, minced or thin sliced
- $1\frac{1}{2}$ pounds lean ground beef
- 1 (28 oz) can whole tomatoes with juice
- Fresh chopped parsley
- 6-8 fresh basil leaves, chopped
- 2 tsp dried oregano
- salt and pepper
- $\frac{3}{4}$ cup grated Parmesan cheese



Preparation

1. Preheat oven to 400°
2. Prepare the peppers: trim about $\frac{1}{4}$ inch from tops, snip around the core and remove
3. Place snug into a baking dish just large enough to fit the peppers
4. Brush or spray the inside of each pepper with olive oil, season with salt and pepper
5. Roast the peppers until just undercooked and firm, about 15 minutes
6. Meanwhile, heat olive oil in a large non-stick skillet over medium-high heat
7. Add the chopped onion and sauté until translucent, about 4-5 minutes
8. Add the garlic and cook another minute
9. Add beef, season with salt and pepper and cook until browned
10. Break up the beef and toss it with onions, continue to cook another 2 minutes
11. Remove from heat, drain off excess fat if necessary
12. Stir in tomatoes and crush them with a spoon or potato masher
13. Mix in the cooked rice, parsley, basil, and oregano
14. Taste for seasoning and if needed, season with salt and pepper to taste
15. Spoon the mixture evenly into the roasted peppers
16. Sprinkle with Parmesan cheese and bake 20-25 minutes or until the peppers are tender and the tops are crisp and golden
17. Serve warm