Stuffed Green Peppers

Description

This classic Stuffed Green Peppers recipe makes a hearty meal with a tasty ground beef and long grain brown rice stuffing. A delicious way to enjoy bell peppers.

Summary

Yield: 6
Prep Time: 30 minutes
Category: Main Dish
Cuisine: American

Ingredients

- 6 medium green bell peppers
- 1 1/2 lbs lean ground beef
- 1 cup long grain brown rice
- 1/2 cup brown onion, chopped
- 1/2 cup celery, chopped
- 1 small tomato, chopped
- 1 clove garlic, minced
- 1 can condensed tomato soup (10 oz)
- 1/2 cup sharp cheddar cheese, shredded
- 1/2 tsp dried basil
- 1 tsp kosher salt
- 1/4 tsp ground black pepper

Instructions

Cut the tops of the bell peppers and remove seeds. In a large pot, cook bell peppers in boiling water for about 3 minutes. Drain and place peppers in ice water to cool quickly. Remove from ice water

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and invert on paper towels to drain.

In a mixing bowl, combine ground beef, uncooked brown rice, onion, celery, tomato, garlic, kosher salt and ground black pepper. Spoon mixture into bell peppers. Place stuffed peppers in a greased 13 in by 9 in by 2 in baking dish. Combine soup and basil and spoon over top of peppers.

Cover and bake at 350° for 60 minutes or until the beef is no longer pink. Sprinkle with shredded cheddar cheese and bake 5 minutes longer until the cheese is melted.