

Stuffed Green Peppers

Gerry Mikels

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 4

*4 green peppers
1 pound ground beef
1 tablespoon grated onion
1 cup chopped celery
1/4 cup chopped green
pepper
2 cups prepared rice
1 can tomato sauce*

Preheat the oven to 375 degrees.

In a skillet, brown the hamburger with a tablespoon of grated onion and the chopped celery. Add the chopped green pepper.

Add the prepared rice with one-half can of tomato sauce.

Cut the tops off the peppers. Scoop out the insides. Place in boiling water until soft.

Spoon the rice mixture into the peppers. Pour the remaining tomato sauce over the tops. Place the pepper lids back on the peppers. Place the peppers into a greased casserole dish.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 411 Calories; 31g Fat (66.2% calories from fat); 21g Protein; 14g Carbohydrate; 4g Dietary Fiber; 96mg Cholesterol; 476mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 1/2 Vegetable; 4 1/2 Fat.