

# Tangy Stuffed Peppers

*Rosie Wendel - Bay City, TX  
Taste of Home Recipe Book 2015*

**Servings: 4**

*4 large green peppers  
1 pound ground beef  
1 small onion, chopped  
1 1/2 cups cooked long  
grain rice  
1/4 cup grated Parmesan  
cheese  
6 teaspoons Worcestershire  
sauce, divided  
1/2 teaspoon salt  
1 can (15 ounce) tomato  
sauce  
1/3 cup water  
additional Parmesan  
cheese (optional)*

**Preparation Time: 20 minutes****Bake Time: 25 minutes**

Preheat the oven to 350 degrees.

Cut the tops off of the peppers. Remove the seeds. Finely chop the pepper tops. Set aside.

In a large saucepan, cook the whole peppers in boiling water for 3 to 5 minutes. Drain and rinse in cold water. Set aside.

In a large skillet, cook the beef, onion and chopped peppers over medium heat until the meat is no longer pink and the vegetables are tender. Drain. Remove from the heat.

Stir in the rice, Parmesan cheese, four teaspoons of Worcestershire sauce and salt. Spoon into the peppers. Place the peppers into a greased two-quart baking dish.

In a bowl, combine the tomato sauce, water and remaining Worcestershire sauce. Drizzle over the peppers. Cover.

Bake for 25 to 30 minutes or until the peppers are tender.

Sprinkle with additional Parmesan cheese if desired.

---

Per Serving (excluding unknown items): 442 Calories; 32g Fat (64.7% calories from fat); 23g Protein; 16g Carbohydrate; 3g Dietary Fiber; 100mg Cholesterol; 885mg Sodium. Exchanges: 3 Lean Meat; 2 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

