

Stuffed Green Peppers

"Peppers" - a Cornell Cooperative Extension pamphlet



Ingredients

6 large green peppers
5 cups boiling, salted water
1 pound ground beef
2 tablespoons chopped onion
1 teaspoon salt
1/8 teaspoon garlic salt
1 cup cooked rice
1 can (15 ounce) tomato sauce

Directions

Heat oven to 350 degrees.

Cut thick slice from stem end of each pepper; remove all seeds and membranes.

Wash inside and outside.

Cook peppers in the boiling salted water for 5 minutes, then drain.

Cook and stir ground beef and onion in medium skillet until onion is tender; drain off excess fat.

Stir in salt, garlic salt, rice, and 1 cup of the tomato sauce; heat through.

Lightly stuff each pepper with 1/2 cup meat mixture.

Stand peppers upright in ungreased baking dish (8 x 8 x 2).

Pour remaining tomato sauce over peppers, cover and bake for 45 minutes.