



Stuffed Bell Peppers



Ingredients

- 1/2 cup uncooked rice
- 2 tablespoons of olive oil (for drizzling)
- 1 onion, chopped
- 1 tablespoon tomato paste
- 3 cloves garlic, minced
- 1 pound ground beef or ground turkey. Vegetarians can substitute black beans.
- 1 can diced tomatoes
- 1 teaspoon dried oregano
- Salt and pepper
- 6 bell peppers, tops and cores removed
- 1 cup shredded cheese

Directions

1. Preheat oven to 400 degrees. In a small saucepan, prepare rice according to package instructions.
2. In a large skillet over medium heat, heat oil. Cook chopped onion for around 5 minutes or until soft.
3. Stir in tomato paste and garlic and cook for about one minute or until fragrant.
4. Add ground beef. Break up the meat with a spoon. Cook for about 6 minutes or until not pink. Drain the fat.
5. Put beef mixture back into skillet after draining and stir in the cooked rice and diced tomatoes.
6. Season with oregano, salt, and pepper. Let simmer for about 5 minutes.
7. Place the peppers, cut side up, on a baking dish and drizzle with oil.
8. Spoon the beef mixture into each pepper and top with cheese. 8. Cover baking dish with foil.
9. Bake for around 35 minutes or until the peppers are tender.
10. Uncover and bake until the cheese is bubbly for an additional 10 minutes.