



# Noreen's Kitchen

## Half Time Stuffed Peppers

### Ingredients

3 to 6 large bell peppers	1 28 ounce can crushed tomatoes or sauce
2 pounds lean ground beef	2 cups tomato juice
2 tablespoons olive oil	1 teaspoon salt
4 cups cooked rice	1 teaspoon cracked black pepper
1 large onion, chopped	1 teaspoon onion powder
2 to 3 cloves garlic, minced	1 teaspoon garlic powder
1, 14 ounce can diced tomatoes with juice	

### Step by Step Instructions

Pre-heat oven to 350 degrees.

Wash bell peppers, cut in half while the pepper is standing up. Remove the stem, seeds and white ribs from the inside of the pepper.

Place the pepper halves in a large, microwave safe bowl with 1/4 cup of water and cover with a plate or plastic wrap. Microwave on high for 3 minutes. Allow to steam while you are cooking the filling.

Heat oil in a large skillet and brown ground beef until almost cooked through.

Add onion and garlic and sauté until translucent.

Add in rice, seasonings and herbs and mix well.

Pour in 1 cup of tomato juice along with the diced tomatoes and 1 cup of tomato sauce/crushed tomatoes incorporate completely and taste for seasoning.

Pour 1 cup of tomato sauce into the bottom of a baking dish large enough to fit the number of peppers \*this recipe will make enough for 2 casseroles of 6 pepper cups each.

Place the pepper halves in the baking dish and fill with a generous amount of the ground meat and rice filling.

Spoon the remaining tomato sauce/crushed tomatoes over the top of each pepper cup.

Cover the dish with a layer of parchment paper and then foil.

Bake for 30 to 45 minutes until hot and bubbly.

**Enjoy!**