



Ingredients:

4 bell peppers (any color, but red would be our top recommended choice)
1 lb of lean ground beef (it can also be turkey)
1 onion (peeled and chooped)
1 clove garlic (finely minced)
1 cup cooked rice
1 tsp. red pepper flakes
Garlic salt (optional)
Onion powder (optional)
Salt
Pepper
1 can whole tomatoes
2 tsp. Italian seasoning (optional)
Parmesan

Directions:

Brown beef and sauté onion and garlic. Add other seasonings and cooked rice, stirring often. In a food processer puree tomatoes (drain of excess liquid first)and add Italian seasoning. Pour half of the sauce into the meat mixture.

Cut the tops off of the peppers. Pull out seeds and membranes. Rinse peppers under cold water. Fill them with meat filling.

Place peppers in a large pot of water and bring it to a boil over medium heat. Boiling water shouldn't cover the tops of peppers. Add several generous pinches of salt to boiling water, reduce heat, cover, and simmer till pepper's skins are very soft. Drain, set aside to cool. Peel the skin off. Top peppers with tomato sauce (optional). Bake in the oven at 350 for about 30 minutes. Sprinkle with parmesan and put back in the oven for few minutes, until cheese is melted.

Smacznego (:!