STUFFED GREEN PEPPERS



6 large green peppers

5 cups boiling water

1 lb. ground beef crumbles

2 Tbsp. chopped onion

1 tsp. salt

1/8 tsp. garlic granulated

1c. cooked brown rice

16 ounces tomato sauce

Heat oven to 350°. Cut thin slice from stem end of each pepper. Remove all seeds and membranes. Wash inside and outside. Cook peppers in the boiling salted water 5 minutes; drain.

Cook and stir ground beef and onion in medium skillet until onion is tender. Drain off fat. Stir in granulated garlic, rice and 1 cup of the tomato sauce; heat through.

Lightly stuff each pepper with ½ cup meat mixture. Stand peppers upright in ungreased baking dish, 8x8x2 inches. Pour remaining tomato sauce over peppers. Cover; bake 45 minutes. Uncover; bake 15 minutes longer.

6 servings

Ref: Betty Crocker Cookbook