

STUFFED PEPPERS

F EASY

Last Modified: NEVER

PREP: 30 Min
COOK: 1 Hr
OVEN: 350

MOM K'S - CASSEROLE

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Ground Beef (70 / 30)	Crumbled
4	Whole	Green Peppers (Cored & Seeded)	Top Cut Off
2	Slices	White Bread (Soaked In Milk)	Trimmed
1/4	Cup	Minute Rice (Uncle Ben's)	Uncooked
1 1/2	Tsp	Table Salt	
1/2	Tsp	Black Pepper	
1/4	Tsp	Garlic Powder	
TOMATO SAUCE			
2	14 Oz	Cans Stewed Tomatoes (Hunts)	
1	14 Oz	Can Tomato Sauce (Hunts)	
1	6 Oz	Can Tomato Paste Contadina)	
1	14 Oz	Can Herbed Tomato Sauce (Hunts)	
1	Tbsp	Granulated Sugar	

PREPARATION

FACTOID	This is Aunt Louise's Recipe. Mom made it relatively often using Green Peppers ONLY. This is where I learned to hate the taste of Green Peppers. I tend to use Colored Peppers in their place here.
TOOLS	1) 9" x 13" Glass Baking Dish 2) Large Stainless Steel Skillet 3) Medium Saucepan & Lid 4) Large Saucepan & Lid 5) Toothpicks
1	Dampen the Bread Slices (Crusts trimmed off) in a bit of Whole Milk. Cut the tops off of the Peppers, discard the Seeds and light colored Ribs inside.
2	In a medium mixing bowl, thoroughly mix the Ground Beef, Bread, Uncooked Rice, Salt, Pepper and Garlic Powder together with your hands.
3	Fill each Pepper with the Meat Mixture and place it in a baking dish.
4	In a large saucepan over medium heat, add in the Stewed Tomatoes, Tomato Sauces, Tomato Paste and Sugar. Bring the mixture to a boil, stirring occasionally.
5	Pour the Sauce over the top of each Stuffed Pepper. Bake at 325 degrees for 1 1/2 hours.
6	Drain off the Sauce and discard the fat. Reduce the Sauce until thickened nicely.
SERVE	Pour the thickened Sauce over the top of the Stuffed Peppers and serve while hot.

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