

Patty's Stuffed Peppers

"I make these earlier in the day & refrigerate, so they're all ready to put in the oven & bake...great time to catch-up with the family!"

Ingredients:

4 medium to large bell peppers, green
yellow or red
1½ lbs. lean ground beef
Kosher salt
Freshly ground black pepper
½ tsp. garlic powder
1 - 1½ cups baby Portobello
mushrooms, chopped
1½-2 cups cooked rice (boil-in bag is
fine)
2 large cloves grated garlic
1 beaten egg
Handful (about ½ cup) Parmegiano-
Regiano cheese, grated
1 cup cubed mozzarella
1 can tomato sauce (29 oz.)
Italian-style breadcrumbs



Directions:

Cut the tops off the peppers & remove seeds & white ribs. Rinse with cold water; turn peppers over on to paper towels to drain, along with the tops (minus stem). Cook the rice according to directions.

In a skillet, over medium heat, brown the ground beef. Add salt & pepper, to taste & garlic powder. Drain off any excess fat. Lower the heat and grate garlic cloves into the mix. Add mushrooms. Cook 2-3 minutes. Taste, adjust seasonings, if necessary.

Add rice and remove from heat. Next, stir in the beaten egg along with 1 ½ - 2 cups of the sauce. Add grated cheese and mozzarella.

Lightly sprinkle the inside of the peppers with salt. Fill with mixture. Put tops back on & top with a little sauce & breadcrumbs.

Lightly coat a baking dish with olive oil. Put filled peppers in the dish. Tent with aluminum foil & bake at 375 degrees for 1¼ - 1½ hours.

Serve with extra sauce & cheese.

Serves 4