

## Stuffed Green Peppers

*Kelly Moore*



5 large green peppers	2 TBL ketchup
1 lb ground beef	½ Cup water
½ Cup chopped onion	½ tsp. salt
1 garlic clove, minced	½ tsp. pepper
1 14.5oz can stewed tomatoes	2 tsp. Worcestershire sauce
½ Cup instant rice	6-8 slices American cheese

Cut tops from green peppers; discard seeds and membranes. Chop enough of the tops to make ¼ cup; set aside. Cook the whole green peppers, uncovered, in boiling water for 7 minutes; invert to drain well. Sprinkle insides of peppers lightly with salt. In a skillet cook ground beef, onion, garlic and ¼ cup chopped green pepper till meat is browned and vegetables are tender. Drain off excess fat. Add undrained tomatoes, uncooked rice, ketchup, water, salt/pepper & Worcestershire. Bring to boil; reduce heat. Cover and simmer 18 to 20 minutes or till rice is tender. Stir in cheese. Stuff peppers with meat mixture. Place in baking dish. Bake, covered, in a 350° for 30 to 35 minutes.