

Stuffed Bell Peppers

6 green bell peppers	$\frac{3}{4}$ teaspoon salt
2 tablespoons vegetable oil	$\frac{1}{2}$ teaspoon black pepper
1 cup finely chopped yellow onions	2 cups cooked white rice
1 pound ground beef	16 ounce can tomato sauce
2 tablespoons Worcestershire sauce	1 cup water
$\frac{1}{2}$ teaspoon garlic powder	$\frac{1}{2}$ cup grated cheddar cheese, optional

Preheat oven to 350 degrees.

Place bell peppers on a cutting board; and, with a sharp knife, remove enough of the top to open the center cavity; carefully remove seeds and veins. In a large pot of boiling water, parboil the bell peppers until just tender, 2 or 3 minutes. Remove with slotted spoon and dry on paper towels.

In a large sauté pan or skillet, heat the oil over a medium-high heat. Add the onions and cook until soft, about 3 minutes. Add the ground beef, Worcestershire, garlic powder, salt and black pepper. Cook until meat is browned, stirring with a heavy wooden spoon to break up lumps, about 6 minutes. Add rice and tomato sauce; stir well. Remove from the heat and adjust seasoning to taste.

Pour water into a baking dish. Stuff the bell peppers with the rice mixture and place upright in the baking dish. Bake until the peppers are very tender and the filling is heated through, 25 to 30 minutes. About half way through baking time, top with grated cheese if desired. Remove from the oven and let rest for 10 minutes before serving. Yields 6 servings.

Coy Westbrook

Trinity County

Intermediate-Main Dish