

# *Stuffed Bell Peppers*

**6 LARGE BELL PEPPERS**  
**1 LB. GROUND BEEF**  
**1/2 MEDIUM ONION CHOPPED**  
**1 TSP. ONION POWDER**  
**1 CUP COOKED RICE**  
**1 TSP. SALT**  
**ONE 15 OZ. CAN TOMATO SAUCE**  
**1/2 CUP KETCHUP**  
**1 TBSP. MUSTARD**  
**1/2 TSP. CHILI POWDER AND/OR GROUND CUMIN**  
**1 CUP SHREDDED CHEESE (YOUR PREFERENCE)**

Cut top of peppers off and hull out centers. Drop peppers into boiling water for 5 minutes. Take out with tongs and place in a baking pan.

Next, cook beef and onion until brown and then drain. Add remaining ingredients, excluding half of the tomato sauce (set aside remaining tomato sauce).

With peppers standing upright, fill the center of peppers with beef mixture. Pour remaining tomato sauce over peppers and then pour 1 cup of water directly into the bottom of the baking dish. Cover with foil and bake at 350 degrees for 45 minutes. Finally, take off foil and bake for 15 more minutes.

Enjoy!