

Submitted by: Pat Balsamo

Recipe Name:

Savory Stuffed Peppers

Ingredients:

4 large bell peppers

1 cup Minute Brown Rice (uncooked)

2 tablespoons Mrs. Dash Tomato Basil Garlic Salt-Free Seasoning Blend

1 pound ground beef

1 egg lightly beaten

1/2 cup plain bread crumbs

1 jar (24oz) Marinara sauce

1/4 cup shredded Parmesan cheese

Directions:

Remove tops and seeds from peppers.

Place peppers into a deep oven-safe baking dish.

Combine: Minute Brown Rice, Mrs. Dash seasoning, beef, egg and bread crumbs in a medium size bowl. Mix together well. Stuff mixture into peppers.

Pour sauce over peppers and sprinkle with cheese. Cover dish and bake at 350 degrees for 1 hour and 30 minutes.