



RECIPE NAME

STUFFED PEPPER WITH GROUND BEEF

INGREDIENTS

6 whole bell peppers, any color
1 pound Fitch Ranch Premium
Ground Beef
1 yellow onion, diced
2 cloves garlic, minced
1 zucchini, diced
2 cups cooked white or brown rice
1 (15-ounce) can diced tomatoes,
drained
2 teaspoons dried parsley
1/4 teaspoon salt
1/4 teaspoon black pepper
8 ounces monterey jack or cheddar
cheese

PROCEDURE

Preheat oven to 425 degrees F.
Use a sharp knife to slice the tops off
the peppers, removing any stems,
seeds, or membranes from inside each
pepper. Dice any extra bell pepper
flesh from the tops of the peppers to
add to the filling later.

Arrange the peppers in a casserole
dish with the cut side up. Add about
1/2 inch of water to the dish, then
cover with aluminum foil and bake the
peppers for 20 minutes to partially
bake them.

While the peppers bake in the oven,
cook you Premium Fitch Ranch Ground
Beef, onion, garlic, and reserved diced
bell peppers in a large skillet, stirring
and breaking up frequently, until the
meat is browned. Add zucchini and
cook for another 1-2 minutes.

Remove the meat from the heat and
stir in the rice, tomatoes, and salt.
Taste and adjust seasoning as needed.

Remove the partially baked peppers
from the oven and discard the water.
Fill with the rice and beef filling, then
top with cheese. Return to the oven
and cook, uncovered, until cheese is
melted and the stuffed peppers are
heated all the way through, about 5
minutes.

TIME TO PREPARE

20 mins

TIME TO COOK

30 mins

CREATED BY:

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