

## **PIZZA STUFFED PEPPERS**

**from *The Cooks Next Door***

1 c. cooked brown or white rice  
3/4 lb ground beef  
1 onion, chopped  
1/2 bell pepper, chopped  
1 small can tomato sauce  
1 tsp pizza seasoning  
1 clove garlic, minced  
salt and pepper to taste  
grated cheese of choice  
Whole bell peppers, large or small, tops cut out and seeded  
Prepared pasta or pizza sauce (opt.)

Cook rice according to package instructions.

Preheat oven to 350°F.

While rice is cooking, brown the ground beef in a skillet over medium heat. Add the chopped onion and chopped bell pepper and continue to cook until the meat is no longer pink, stirring occasionally. Mix in the cooked rice, tomato sauce, pizza seasoning, and garlic. Heat through. Season with salt and pepper to taste. Stir in as much grated cheese to suit taste.

Spoon mixture into prepared bell peppers and place them standing up in a lightly greased 8x8 baking pan. If you like, pour some prepared pasta sauce over the peppers and sprinkle with additional grated cheese.

Bake peppers for 20 minutes, or until the peppers are tender.