

Stuffed Sweet Peppers

Ingredients:

- 6-8 sweet peppers
- 1 lb ground beef
- 1/2 cup cooked rice
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1/2 cup tomato sauce
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese

Instructions:

1. Preheat the oven to 375°F.
2. Cut off the tops of the sweet peppers and remove the seeds and membranes.
3. In a large skillet, brown the ground beef over medium heat. Add the chopped onion and minced garlic and cook until the onion is translucent.
4. Add the cooked rice, tomato sauce, salt, and pepper to the skillet and stir to combine.
5. Stuff the sweet peppers with the beef and rice mixture and place them in a baking dish.
6. Sprinkle the grated Parmesan cheese over the stuffed peppers.
7. Cover the baking dish with foil and bake for 30-40 minutes or until the peppers are tender. Remove the foil for the last 10 minutes of baking.