



# CS Stuffed Peppers

**Source:** Bob and Robin Young

**PDF:** CS-Stuffed-Peppers.pdf

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**Servings:** 6

**Cook:** 35 Min

**Total:** 55 min

*The Captains Shack*

**Prep:** 20 min

## **Ingredients:**

6 med Green or Red Bell Peppers

1½ lbs 95% ground Beef

1 c chopped Red Onion

1 c Jasmin Rice, rinsed, seared and cooked

2 t Italian Seasoning

1 T diced Garlic

½ t Sea Salt

¼ t fresh ground Black Pepper

2 15oz cans Fire Roasted Tomatoes

½ c shredded Mozzarella Cheese

## **Directions:**

Preheat oven to 400° F

Cut tops off of the Bell Peppers and remove seeds and membranes. If necessary, cut a flat spot on the bottom of the peppers so they stand up straight. Set aside.

Brown the ground beef and onion in a large skillet on medium high. Drain any fat and add the cooked Jasmin rice, Italian seasoning, garlic, salt and pepper.

Pour 1 can of the tomatoes into the bottom of a 9" square baking dish. Stuff the peppers with the beef mixture and place the peppers in the baking dish. Pour the remaining tomatoes over the peppers. Cover with foil.

Bake 35 – 45 minutes or until the peppers are tender. Remove the foil and sprinkle with the cheese. Bake another 5 minutes until the cheese is melted.

Serve immediately.