

Stuffing Stuffed Bell Peppers



Ready in **1 hours 50 minutes**

Serves **6 people**

Ingredients

- 2 Cups prepared Stuffing Mix of choice (we love Stovetop)
- 1 Large Egg
- 3 Large Bell Peppers
- 1/3 Onion (Red, White, or Yellow)
- 3 Cloves Garlic
- ~1lb Ground Beef
- 1 10oz Can Tomato Sauce
- 1 Cup Shredded Cheese (we used a Monterey Jack blend)
- ½ tsp Garlic Powder
- 1 tsp Onion Powder
- ½ tsp Cumin
- 1 tsp Parsley
- Salt and Pepper to Taste

Preparation

1. In a large bowl, dump your leftover stuffing, dressing, or whatever you call that yummy side dish served on Thanksgiving. Make sure to break up large clumps so that every bit is approximately the same size.
2. Crack your egg into the stuffing and mix well. You want the egg to come to room temperature before adding in the cooked ground beef.
3. On the stove, set a pan on medium heat with a drizzle of your oil of choice. We find avocado is a very mild alternative. Dice your onion and garlic, add to the pan once hot. Sauté until fragrant and the garlic begins to brown.
4. Add your ground beef and stir frequently, breaking up big chunks. Add your garlic and onion powder, cumin, parsley, and a to taste amount of salt and pepper. Continue to stir and break up those big chunks to get small grounds. This will help everything incorporate better later.
5. Pull your ground beef off the stove and drain as much grease as you can. This will help the mixture come together better, and you won't have little grease pools in the bottom of your pan. Let the beef cool for a few minutes.
6. While you're waiting, wash, slice, and core your peppers. Spray a 9x13 baking dish and lay your peppers in the pan so

the centers face up. Set your oven to 350F.

7. Add ~2oz of tomato sauce to your stuffing mixture. Temperature-check your meat (make sure it won't burn your hands when you touch it). Put on some gloves and add the cooled beef to the stuffing, and then mix the way you would making meatballs. You should have a filling that now holds its shape.
8. Add the filling to your peppers, shaping the mixture into the curves without over-filling. Top with more tomato sauce, and place in the oven for 20 minutes.
9. After 20 minutes, test your peppers with a fork. If the fork can't poke through, they may need a few more minutes. Once they're ready, take them out and sprinkle on some cheese. As much or as little as you like. We prefer a very cheesy topping. Stick them back in to broil for 5 more minutes until golden, and you've got yourself one beautiful looking stuffed pepper.

Notes, Tips & Tricks

You can also make this recipe without having to cook the beef first. Mandy likes to do this to remove a lot of excess grease, but if you don't mind it, or want to use a leaner meat, you can leave out the sautéing altogether.

Traditionally, stuffed peppers use the whole pepper and stand up. We found that the

sizes of the peppers we had would be more than enough to slice down the middle. If you want to use the whole pepper, you could buy 6 smaller peppers, but you may need to make more filling.

Milly

