



## **Stuffed Peppers**

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Servings:** 10 peppers

### **Ingredients:**

- 10 green peppers
- $\frac{3}{4}$  - 1 lb of raw hamburger
- 1 onion
- 2-3 cups of cooked rice
- 1 quart homemade or 2 796 ml Canned Tomatoes
- 2 tbsp minced garlic
- 2 tbsp chilli powder
- 1 tbsp Worcestershire sauce
- 1 tbsp cumin
- 1 tsp salt
- $\frac{1}{4}$  tsp pepper

**Instructions:**

1. Chop onion
2. Cook onion and hamburger in a large pan until onion is translucent and meat is no longer pink
3. Remove from heat and add canned tomatoes, cooked rice, and all remaining ingredients. Stir until combined and set aside.
4. Slice tops off the green peppers and set in a microwave safe dish.
5. Fill the peppers with the filling.
6. Cover with saran and microwave on high 15 minutes or until peppers are cooked
7. Serve with marinated tomatoes and corn on the cob!