



Stuffed Peppers

Ingredients:

- Green Peppers
- 3/4 - 1lbs of Raw Hamburger
- 1 Onion
- 2-3 Cups of Cooked Rice
- 1 Quart Homemade or 2 796ml Canned Tomatoes
- 2 Tbsp Minced Garlic
- 2 Tbsp Chilli Powder
- 1 Tbsp Worcestershire Sauce
- 1 Tbsp Cumin
- 1 Tsp Salt
- 1/4 Tsp Pepper

Instructions: (see Video)