

Betty's Special Stuffed Green Peppers Recipe



Uploaded on 1 Mar 2010

In this video, Betty demonstrates how to make her Special Stuffed Green Peppers. These are hollowed-out green peppers, stuffed with a ground beef and rice mixture, flavored with onion, garlic, and tomato sauce. They are baked in the oven, and topped with Cheddar cheese.

Ingredients:

- 1 pound lean ground beef
- 1 clove garlic, minced
- 1 small to medium onion, chopped
- 1/2 of a 14-oz. bottle of ketchup
- 1/2 of an 8-oz. can tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 scant teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups cooked white rice
- 4 medium-size green bell peppers
- 1/2 cup shredded sharp Cheddar cheese
- cooking oil spray
- celery leaves for garnish

In a deep skillet over medium heat, brown 1 pound ground beef with 1 clove of minced garlic, and 1 chopped onion. Cook and stir, until ground beef is done, and the garlic and onion are tender and clear. Drain, if there is excess fat. Stir in 1/2 of a 14-oz. bottle of ketchup, 1/2 of an 8-oz. can tomato sauce, 1 tablespoon Worcestershire sauce, a scant teaspoon salt, and 1/4 teaspoon ground black pepper. Bring mixture to a boil. Reduce heat, and simmer, uncovered, 20 minutes, stirring occasionally. Remove from heat. In the meantime, prepare 2 cups cooked white rice. To do this, place 1 cup white rice into 2 cups of boiling water. Bring to a boil. Cover with a lid that fits, reduce heat, and simmer for 15 minutes. While the rice is cooking, you can prepare your green bell peppers. Cut off tops of peppers. Remove seeds and membranes. Cook peppers in boiling water 5 minutes. Drain upside-down on paper towels. When rice is done, combine cooked ground beef mixture with 2 cups cooked rice. Spoon into peppers. Place stuffed peppers in a baking dish that has been sprayed with cooking oil spray. Cover with a lid that fits (or aluminum foil, if necessary), and bake at 375 degrees for 25 minutes. Sprinkle the top of each stuffed pepper with a generous amount of shredded sharp Cheddar cheese. Return to oven and bake, uncovered, for an additional 3 minutes. You may want to turn your oven to "broil" for the last minute, to brown up the cheese. Arrange peppers on a nice serving platter, and garnish with celery leaves if desired. I hope you enjoy this hearty dish! --Betty :)