



## **MamMom's Stuffed Peppers**

BAH Note: My grandmother (MamMom) always used Minute Rice (and can I tell you how long it took me to realize that not all rice cooks in only 5 minutes?). I find that I have followed in her footsteps and rely a lot on Uncle Ben's Ready Rice packages. It's basically precooked and packaged so that you only have to reheat and eat. I absolutely rely on it for brown rice, which I find to be a ginormous pain to cook, and it is what I used in this dish. You can easily substitute white rice, just be sure that whatever you use is cooked before it gets mixed with the ground beef.

- 3 to 4 medium red, green, or yellow peppers
- 1 pound ground beef
- 1 cup cooked rice (I used one package of UBRR which claims to be 8.8 ounces)
- Bread crumbs
- Grated Parmesan
- Ketchup
- Salt and pepper

Heat oven to 350 degrees and place a rack in the middle position.

Set a large pot of water to boil over high heat. Either cut the peppers in half longways or cut the top off (your choice) and remove all seeds and ribs. When the water just comes to a boil, add the peppers and parboil for 5 minutes. Remove peppers and let them drain on a paper towel or cooling rack.

In a large skillet, lightly brown the ground beef until it is no longer pink. Using a mesh strainer set over a bowl, strain off any fat. Return the ground beef to the skillet, add the rice, and stir to combine. You want your mixture to be more ground beef than rice. Add salt and pepper to taste.

Arrange your peppers in a baking dish and fill with the ground beef and rice mixture. Top with a good squirt or two of ketchup (or tomato sauce) and sprinkle bread crumbs and grated Parmesan cheese on top.

Bake for 20 to 25 minutes and serve hot.