

# Beefy Stuffed Peppers

From Executive Chef Matt Chappell

Makes: 6 peppers

Cost: ~\$1.79 per serving of 1 pepper



## Ingredients:

1lb M5 Farms ground beef  
4 button mushrooms,  
chopped  
2 ribs celery, chopped  
2 cloves garlic, minced  
2 14.5 oz cans of petite  
diced tomatoes  
1/2 C onions, chopped  
2 TBSP dried basil  
1 TBSP dried oregano  
1 TSP red pepper flakes  
1.5 C white rice, cooked  
1/4 C fresh parsley,  
chopped  
6 bell peppers, any color  
1 C shredded cheese (pick  
your favorite, I like pepper  
jack)

## Directions:

1. Preheat the oven to 350 degrees F.
2. Cook rice according to package directions. You can also use leftover rice from yesterday's meal!
3. Brown the ground beef in a large fry pan over medium high heat for 5 minutes or until cooked almost through. Add the mushrooms, chopped celery, onion and garlic and cook until vegetables are softened. Stir in the diced tomatoes, basil, oregano and red pepper flakes. Season with kosher salt and ground pepper to taste and cook for 15-20 minutes. Stir in cooked rice and chopped parsley and cook for another 5 minutes or until the rice is warmed through.
4. Meanwhile, cut off the tops of the peppers and spoon out the ribs and seeds, then rinse. Lightly sprinkle the insides of the peppers with kosher salt and place in a microwave safe dish with 1/4 C of water. Cover with plastic wrap and microwave for 5 minutes or until they start to soften.
5. Transfer to a 3-quart baking dish and fill the peppers with the hot meat and rice mixture. Sprinkle the tops with cheese and bake for 20 minutes or until peppers are tender and cheese is browned. Serve hot!



**Leo's Eatery**