

Kid-Friendly Stuffed Bell Peppers

Modified from www.food.com

INGREDIENTS:

- 1 cup brown rice, cooked
- 1 lb ground beef
- Salt and pepper to taste
- 2 teaspoons minced onions
- 15 ounces tomato sauce
- 2 tablespoons Worcestershire Sauce
- 1 ½ cups cheddar cheese substitute (Daiya is a good brand)

PREPARATION:

In a skillet, brown $\frac{3}{4}$ to 1 pound of ground beef. Add salt and pepper and about 1-2 tsp dried minced onions. Cook until meat is done. Combine rice, meat mixture, tomato sauce and Worcestershire Sauce. Simmer about 15-20 minutes, stirring occasionally. Blanche the bell peppers first so that they are soft. Put the mixture in a bell pepper, top with shredded cheddar and bake in the oven until hot (about 15 minutes).

NOTES FROM THE COOK: