

Nancy's Stuffed Peppers for Two

2 small, wide green bell peppers

1 pound ground beef

Salt and pepper to taste

Garlic powder

¼ to ½ cup plain breadcrumbs

24 oz. jar of your favorite marinara sauce or homemade tomato sauce

Remove stems and any large ribs from peppers. Place peppers in sauce pan deep enough so that the peppers are surrounded, but not submerged in water. Parboil peppers in water for 3-5 minutes. Remove peppers from water, drain and cool.

Add ground beef and brown. Season the meat to taste with salt, pepper and garlic powder. Add enough breadcrumbs to thicken mixture, do not exceed ½ cup.

Spray a tall casserole dish with cooking spray. Place peppers upright in casserole and fill with ground beef. Pour in enough marinara to cover peppers and allow a little sauce in the bottom of casserole. Bake peppers at 350 degrees for 30-40 minutes or until hot in the center. You can insert a knife into the center of peppers to test doneness.

I serve over a bed of rice or you can serve alone with crusty bread to soak up sauce.

Donna's Notes:

Feel free to use minced fresh garlic instead of powder, but sauté it first. Try using sautéed onions in the filling or flavored breadcrumbs. Experiment with the recipe to create your own version of stuffed peppers.