



Stuffed “Jack O’Lantern” Peppers

Pre-heat oven to 375°

Ingredients:

- 1.5-2 lbs lean ground beef
- 4 bell peppers
- 1 small onion, diced
- 3 cloves of garlic, minced
- 8.8 oz bag of ready rice, cooked
- 16 oz can tomato sauce
- 15 oz can of whole kernel corn. drained
- 1 c shredded sharp cheese (or slices to make hair) - optional

Directions:

Cut a small top off your peppers like you were carving a pumpkin. Core out middle and wash out seeds.

Carefully cut the faces - funny, scary, whatever you’d like. Don’t make the openings too large or your stuffing will fall out. Unless you want a face expelling food.....

In large skillet, brown the ground beef, onion and garlic. I use lean beef that does not require draining after cooking, so if you have any of grease, sop it up and out of your pan with a paper towel. Just push all the meat to one side and tilt pan so oil goes to side with no meat.

Add cooked rice, corn and tomato sauce, stirring well. Place some stuffing in a baking dish, large enough to hold your peppers. Stuff your peppers, placing each one in your baking dish. I put all the extra stuffing all around the peppers. You can place the tops back on, or not. As you can see in the picture, sliced cheese was used to look like they had hair. Some folks like it without cheese, so I skip the cheese on the extra stuffing. Bake for 20-30 minutes or until peppers are tender.

Of course, you can always make this without carving faces, but come on – it’s Fall!