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Stuffed Peppers

These colorful bell peppers are filled with a hearty mix of seasoned ground meat, fluffy rice, savory tomatoes, and melted cheese — all baked to perfection. Each bite delivers a comforting combo of tender pepper, rich filling, and gooey, golden cheese on top. They're a satisfying, all-in-one meal that's as cozy on a weeknight as it is impressive for guests.

Ingredients:

- 4 large bell peppers (any color)
- 1 lb ground beef
- 1 cup cooked rice
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp Worcestershire sauce
- 1 tsp chili sauce
- 1 can (8 oz) unsalted tomato sauce
- 1 cup shredded mozzarella or cheddar cheese
- 2 tbsp tomato paste
- 1 tsp Italian seasoning
- Kosher or sea salt & pepper to taste
- Olive oil

Instructions:

1. Preheat oven to 375°F (190°C).
2. Slice the tops off the peppers and remove the seeds and membranes. Lightly brush the outsides with olive oil.
3. In a skillet over medium heat, cook the onion and garlic until soft (about 3–4 minutes). Add the ground meat, season with salt, pepper, and Italian seasoning, Worcestershire, and cook until browned.

4. Stir in the cooked rice, tomato sauce, chili sauce and tomato paste. Mix well and let it simmer for a 15 minutes.
5. Spoon the mixture into each pepper, packing it down gently. Place stuffed peppers upright in a baking dish sprayed with non-stick cooking spray.
6. Sprinkle cheese on top, cover the dish with foil, and bake for 30 minutes.
7. Remove foil and bake another 10–15 minutes until the cheese is bubbly and golden.
8. Let cool slightly before serving.