



Bubbie's STUFFED BELL PEPPERS

Hearty • Herby • Homemade with Love ♥



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A comforting classic made with savory ground beef, rice, herbs, and tomato sauce—baked in tender bell peppers and topped with melty cheddar cheese. Perfect for cozy family dinners!



PREP TIME
20 min



COOK TIME
45 min



SERVINGS
6



COMFORT
in Every Bite



INGREDIENTS

- 6 large bell peppers, halved and seeds removed
- 1 lb ground beef
- 1 small onion, finely chopped
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt (or to taste)
- 1 cup cooked rice
- 1 tsp dried Italian herbs (or 1 tbsp fresh chopped parsley, basil, oregano)
- 1 ½ cups Prego with Meat Sauce (see directions for use)
- ¼ cup Parmesan cheese (for inside)
- 1 cup shredded cheddar cheese (for topping)
- Additional chopped parsley for garnish (optional)

DIRECTIONS

- 1 Preheat Oven:** Preheat oven to 375°F (190°C).
- 2 Prepare Peppers:** Slice bell peppers in half lengthwise. Remove seeds and place cut side up in a lightly greased baking dish.
- 3 Prepare Baking Dish:** Pour remaining Prego with Meat Sauce into the bottom of the baking dish, spreading evenly to fill the dish halfway.
- 4 Cook Beef Mixture:** In a large skillet over medium heat, cook ground beef and chopped onion until browned and softened. Drain any excess fat.
- 5 Season:** Add garlic powder, black pepper, salt, and herbs. Stir to combine.
- 6 Add Rice, Sauce & Parmesan:** Stir in cooked rice, 1 cup Prego with Meat Sauce, and ¼ cup Parmesan cheese. Mix well.
- 7 Stuff Peppers:** Spoon the beef and rice mixture evenly into the pepper halves, packing gently.
- 8 Bake:** Cover with foil and bake for 35 minutes. Remove foil, sprinkle shredded cheddar cheese on top of each pepper. Bake uncovered for another 10 minutes, or until cheese is melted and bubbly.



Bubbie's Tip

Mixing a little sauce and Parmesan into the filling keeps the peppers moist and packed with flavor!

HERBAL BENEFITS

Bell Peppers – High in vitamin C and antioxidants to support immunity.

Parsley & Herbs – Aid digestion and add natural flavor and nutrients.

Garlic – Supports heart health and overall wellness.

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— Serve warm and enjoy every delicious bite! —

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