

# Stuffed Peppers and Tomatoes

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4 large peppers  
4 large tomatoes  
1 pound hamburger meat  
3 cups rice  
salt (to taste)  
pepper (to taste)  
parsley (to taste)  
1 can (16 ounce) tomato sauce  
2 tablespoons butter, softened  
1/4 cup corn oil

Preheat the oven to 350 degrees.

Buy large and firm peppers and tomatoes.  
Wash, clean and core each one, reserving the inside meat of the tomato.

Wash the rice. In a mixing bowl, combine the rice, hamburger, salt, pepper, parsley, 1/4 can of tomato sauce and the butter. Stir, mixing well.

Stuff the tomatoes and peppers with the mixture.

Arrange the tomatoes and peppers upright in a baking dish. Place the reserved tomato meat in the center of the dish. Add the salt, pepper, remaining tomato sauce, two cups of water and 1/4 cup of corn oil.

Cover with aluminum foil.

Bake for 1-1/2 hours.

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Per Serving (excluding unknown items): 3016 Calories; 84g Fat (25.0% calories from fat); 51g Protein; 515g Carbohydrate; 25g Dietary Fiber; 62mg Cholesterol; 1798mg Sodium. Exchanges: 29 Grain(Starch); 12 Vegetable; 15 1/2 Fat.