

Stuffed Peppers II

Pat Bryan

St Timothy's - Hale Schools - Raleigh, NC - 1976

*4 medium green peppers
1/2 pound ground beef
1/2 cup chopped onion
1 teaspoon Worcestershire
sauce
1 tablespoon butter
1 can tomato soup
2 cups cooked rice
1/2 teaspoon salt
dash pepper*

Preheat the oven to 375 degrees.

Remove the tops and seeds from the peppers.
Cook in boiling salted water for about 5 minutes.
Drain.

In a skillet, brown the beef and cook the onion in
butter until tender. Stir in 1/2 can of soup and
the Worcestershire sauce, rice, salt and pepper..
Mix well.

Spoon the meat mixture into the peppers. Place
the peppers into a 1-1/2 quart casserole.

Bake for 30 minutes.

Heat the remaining soup and serve over the
peppers.

Per Serving (excluding unknown
items): 1533 Calories; 76g Fat
(44.3% calories from fat); 55g
Protein; 159g Carbohydrate; 12g
Dietary Fiber; 224mg Cholesterol;
2101mg Sodium. Exchanges: 7 1/2
Grain(Starch); 5 1/2 Lean Meat; 6
Vegetable; 11 1/2 Fat; 0 Other
Carbohydrates.