

Stuffed Peppers Recipe



6 servings



30 mins

INGREDIENTS

- 1 lb ground chuck
- 2.5 tbsp Dusted Seasoning
- 1 sweet onion diced
- 6 cloves chopped garlic
- 3 bell peppers (1 orange, 1 red, 1 yellow)
- 2 tbsp tomato paste
- 6 baby bella mushrooms chopped
- 14.5 oz can of diced tomatoes and the juices
- Chopped fresh parsley for garnish
- 1 tsp cracked red pepper flakes
- 1 cup cooked long-grain white rice
- 8oz shredded mozzarella
- 1 tbsp dried oregano

DIRECTIONS

1. Preheat your oven to 400 degrees F and get a pot of water on the stove to bring it to a boil.
2. Cut your bell peppers in half lengthwise and clean out all the seeds and stems.
3. Place your pepper halves into the boiling water and let them cook for 5-7 minutes until slightly tender. Take them out, dry them off, and set them aside.
4. Heat a skillet over the stove on medium-high heat. Once warmed, add ground beef, and dust generously with Dusted seasoning. Break apart well and cook until browned. Drain and set aside.
5. Using the same skillet with the meat removed, add chopped onions with cracked red pepper flakes and cook for 5 minutes until translucent.
6. Add mushrooms and garlic and cook for another 2 minutes, then add tomato paste and incorporate well, cooking for another minute.
7. Add the cooked ground beef back into the skillet and dust one more time.

Dusted™

8. Add a can of diced tomatoes, oregano, cooked ground beef, and cooked rice into the skillet. Dust the entire “filling” one last time, and let simmer for 5 minutes.
9. Once thickened take off the heat and start stuffing your peppers. Lay them flat into a pyrex/glass casserole dish.
10. Top with shredded mozzarella and throw into the 400 deg oven for 20 minutes.
11. Take out and sprinkle with parsley to garnish.