

Italian Stuffed Peppers

Ingredients:

- 6 large green or red peppers
- 1 pound lean ground beef
- 2 links mild Italian sausage
- 1 cup uncooked converted rice
- 1 small onion, chopped
- Few oregano leaves chopped
- 2 garlic cloves, crushed
- 1 teaspoon chopped fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 can (28 ounces) tomato sauce.
- 1/2 cup grated Parmesan cheese



Directions

- Cut tops off peppers and remove seeds; set aside.
- In a large bowl, combine the beef, sausage (remove sausage from casing), rice, onion, garlic, parsley, salt and pepper;
- Spoon mixture into peppers.
- Transfer to an oven safe baking dish.
- Pour tomato sauce over peppers
- Cover and cook at 350 degrees for 1 hour,
- Sprinkle with Parmesan cheese and additional parsley.