

# Stuffed Peppers

1/2 lb chopped beef  
1/2 cup cooked rice  
small amount of parmesan cheese (handful)  
1 small onion, chopped  
small amount of seasoned Italian breadcrumbs (handful)  
2 large peppers  
2 cups tomato sauce  
2 tbsp Olive oil (approx)  
salt and pepper to taste

Cut off top of each pepper (reserve tops), clean and par boil peppers (about 5 minutes). Brown beef and chopped onion. Mix the beef, onion, rice, cheese, breadcrumbs, salt and pepper, olive oil and half of the sauce; stuff each pepper. Add small amount of tomato sauce on the top of the stuffing and replace tops. Bake at 350 deg for 45 min..

Serve with additional sauce and cheese