



## STUFFED PEPPER CUPS

6 medium green peppers  
1 lb. ground beef (extra lean)  
1/2 cup chopped onions  
1 Tablesp. oil (Crisco)  
2 cups pre-cooked rice in box.  
2 Tablesp. Worcestershire sauce  
Salt & Pepper  
1 cup Shredded Sharp Cheese  
2 Cups stewed tomatoes or 1 lb. can

Cut off tops of peppers, remove membrane and seed.  
Precook pepper cups in salted, boiling water about  
5 minutes; drain, salt inside of cups.

Brown meat and onion in hot oil; add tomatoes; rice,  
hot oil, add tomatoes, rice worcestershire, salt  
and pepper to taste.

Cover and simmer until rice is almost tender, about  
5 minutes, add cheese.

Stuff peppers, stand upright in 10x6x1 1/2" baking  
dish. Bake uncovered in moderate oven (350)  
25 minutes or till hot. Sprinkle with more cheese.

Serves 6....For crisp peppers, omit pre-cooking.=