

RECIPE OF THE WEEK

Beef Stuffed Bell Peppers

Ingredients

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| <ul style="list-style-type: none">- 6 bell peppers- 2 lb lean ground beef- 2 tbsp Olive oil- 1 tbsp Cumin | <ul style="list-style-type: none">- 1 tbsp Hot sauce- 1 tbsp Garlic - minced- 1 tbsp Onion - minced- Walden Farms Ranch or Blue Cheese Dressing |
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Preparation

1. Core the seeds and membrane of the Bell Peppers and cleanse them well
2. Add peppers to a 5-6 qt. pot and fill it with enough water to cover the peppers
3. Boil until the peppers become soft and change color (about 10-15 minutes)
4. While the peppers are cooking, take the ground beef in a large skillet and heat until browned, drain afterward
5. Put the skillet back to heat and add minced onion and garlic
6. Add olive oil, hot sauce, and cumin to a small bowl and mix
7. Add the mixture to ground beef and mix well
8. Leave on heat for 5 minutes to let the spices cook
9. Use a spoon to fill the beef mix in bell peppers
10. Drizzle Walden Farms Free Ranch or Blue Cheese Dressing (1 tbsp per pepper), hot sauce (optional)
11. Serve with Lettuce and Cucumber salad

