

Classic Stuffed Bell Peppers with Ground Beef and Rice

4 large green or red bell peppers



OVEN
350°F

TIME
3 min

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INGREDIENTS

4 large green or red bell peppers
1 (15-ounce) can tomato sauce
1/2 pound ground beef or turkey
1/3 cup chopped onion
1 cup cooked brown or white rice
1/8 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon garlic powder
Optional:
Shredded cheese for topping

DIRECTIONS

1. Prep the peppers: Cut the tops off the bell peppers and remove the seeds.
2. Parboil the peppers: Place them in a large saucepan, cover with water, bring to a simmer, and cook for about 3 minutes until slightly softened.
3. Drain and dry: Remove the peppers and set them on paper towels to drain.
4. Cook the filling: In a skillet, brown the ground beef and chopped onion until the meat is fully cooked and no pink remains. Drain any excess grease.
5. Mix the filling: Add the salt, black pepper, garlic powder, cooked rice, and half of the tomato sauce to the skillet. Stir well to combine.
6. Stuff the peppers: Spoon the filling evenly into each pepper.
7. Top with sauce: Pour the remaining tomato sauce over the stuffed peppers.
8. Bake: Place the peppers in an ungreased baking dish and bake at 350°F for 25 to 30 minutes.
9. Optional cheese: Add shredded cheese on top during the last few minutes of baking if desired.
10. Serve: Remove from the oven and serve warm.

SWAPS & NOTES

Bell peppers: Green peppers are more classic and slightly bitter, while red peppers are sweeter and milder.

Ground meat: Ground beef gives a richer flavor, while turkey is a lighter option.

Rice: Both white and brown rice work well; brown rice adds a slightly nuttier texture.

Tomato sauce: This keeps the filling moist and adds that classic stuffed pepper flavor.

TIPS FOR SUCCESS

One of the best tips for stuffed peppers is to parboil them briefly before baking.

This helps soften the peppers so they cook evenly and are tender when served without becoming mushy.

Another helpful tip is not to overpack the filling.

Spoon it in gently so it stays light and evenly distributed.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/classic-stuffed-bell-peppers-with-ground-beef-and-rice/>