

## Ground Beef Stuffed Pepper Pasta Bake with Rice and Tomato Sauce

Oven Baked 5 Ingredient Stuffed Pepper Pasta for the Coziest Family Dinner



**OVEN**  
**375°F**

**TIME**  
**15 min**

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**SAVE**  
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### INGREDIENTS

- 1 pound lean ground beef
- 2 large green bell peppers, seeded and chopped into bite-size pieces
- 3 cups uncooked short pasta, such as rotini, penne, or shells
- 1 1/2 cups uncooked white rice, long-grain or parboiled
- 1 jar tomato pasta sauce, about 24 to 26 ounces
- 4 cups water
- 2 cups shredded mozzarella cheese, or a mozzarella-cheddar blend
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil or neutral oil
- Nonstick spray or a little extra oil for greasing the baking dish

### DIRECTIONS

1. Here is the method adapted from the source:
2. Preheat your oven to 375°F and lightly grease a deep baking dish, about 3-quart capacity.
3. In a large skillet over medium-high heat, warm the olive oil.
4. Add the ground beef, season with salt and black pepper, and cook until browned and no longer pink, about 6 to 8 minutes.
5. Drain excess fat if needed.
6. In a large mixing bowl, combine the uncooked pasta, uncooked rice, and chopped green bell peppers.
7. Add the cooked beef.
8. Pour in the tomato pasta sauce and 4 cups of water.
9. Stir everything well so there are no dry pockets.
10. Transfer the mixture to the prepared baking dish and spread it evenly.
11. Cover tightly with foil.
12. Bake for 45 to 55 minutes, checking starting around the 40-minute mark, until the pasta and rice are tender.
13. Remove the foil and sprinkle the mozzarella over the top.
14. Return to the oven and bake uncovered for another 10 to 15 minutes, until the cheese is melted and bubbly.
15. Let the dish rest for at least 10 minutes before serving.

### SWAPS & NOTES

that everything is mixed, covered, and baked until the pasta, rice, and peppers are tender, which is exactly the kind of low-fuss dinner method I appreciate.

It also specifies white rice, either long-grain or parboiled, and mozzarella or a mozzarella-cheddar blend for the cheesy topping.

One thing worth noting is that this is presented as a "5 ingredient" recipe, but the full recipe includes water, cheese, oil, and seasonings in addition to the five main components.

That is how the source frames it, and the five headline ingredients appear to be the beef, peppers, pasta, rice, and sauce.

## TIPS FOR SUCCESS

The recipe source recommends covering the dish tightly with foil so the mixture steams properly while baking, which is especially important since both the pasta and rice are going in uncooked.

It also advises checking for doneness starting around 40 minutes, since oven performance and pasta shape can affect the exact timing.

I'd also make sure to use a deep baking dish, just as the source specifies, because there is a lot of liquid at the start.

Letting the casserole rest after baking is another smart step, since the source says that helps the flavors meld and makes serving easier.

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

Original recipe: <https://chefmaniac.com/ground-beef-stuffed-pepper-pasta-bake-with-rice-and-tomato-sauce/>