Stuffed Bell Peppers (Trichie, Tania & Ray)



**Ingredients:**  
1 lb Lean Ground Beef  
7 Bell Peppers (Red or Orange or Yellow)(One chopped for the Trinity)  
 (get two, three packs of Red, Orange & Yellow Bell Peppers)  
2 medium Onion chipped  
3 cloves Garlic chipped  
Italian Seasoned Breadcrumbs  
Olive Oil  
1 pkt Taco Seasoning (optional)  
4 oz Tomato Sauce  
1 can Crushed Tomatoes (keep the juice)  
Butter  
1 tsp Worcestershire Sause  
Tony Chachere’s Creole Seasoning  
2 tbl Mexene Original Chili Power  
Pepper and Salt

**Direction:**  
Preheat Oven to 350°  
Boil enough water to submerge the Bell Peppers  
Cut off the top of the Bell Peppers through away the seeds and place in boiling water  
When they starting to soften (about 15 minutes) place on paper towels upside down   
- Brown Beef in Oil with Chili Power and Taco Seasoning  
 Set aside in a collider in the sink when done  
- In the same pot Sauté the Trinity: Onion, Bell Pepper & Garlic in Oil  
- Add the Beef back in  
- Add ¼ cup Breadcrumbs  
- Add Crushed Tomatoes (and juice) and Tomato Sauce  
- Sprinkle of Tony Chachere’s Creole Seasoning to taste  
- Taste first and if needed, Salt & Pepper  
- Stir very well  
Fill the Bell Peppers with mixture almost to the top  
Top-off with Breadcrumbs and a slice of Butter  
Bake in oven until completely warmed (about 25 minutes)

*Bon Appetit!*   
P.S. Goes really well with White Beans and Rice!