

## **Joyce Wilkenson's Stuffed Peppers**

### **Ingredients:**

2 large or 3 medium sweet bell peppers

½ lb ground beef or turkey

¼ C finely chopped onion

¼ C regular white rice, uncooked, or 2/3 C cooked white or brown rice

1 ½ tsp Worcestershire sauce

½ tsp dried parsley

¼ tsp dried basil

¼ tsp dried oregano

½ tsp salt

fresh ground pepper to taste

1 (10 oz) can condensed tomato soup, divided

1/3 C hot water

### **Directions:**

Split peppers lengthwise. Cut stem out to its edge to retain as much of top as possible. Remove seeds and inner membranes.

In a medium bowl, combine ground meat, onion, rice, Worcestershire sauce, seasonings and half the tomato soup. Mix well & stuff into pepper halves.

Arrange peppers, filling side up, in casserole dish or baking pan. Spoon a little of the remaining soup on top of each pepper to coat it. Add tap water to can; stir to mix; then pour into bottom of baking dish.

Cover with lid or foil. Bake at 350 degrees for 1 hour or 1 hour 20 minutes, depending on how soft you want the peppers to be.