

Spanish Rice Stuffed Green Peppers

3 cups cooked brown rice	1 tsp chili powder
1 onion, chopped	1 tsp cumin
4 stalks celery, chopped	1 cup chopped tomatoes
2 cloves garlic	1 tsp salt
1 Tbl oil	1 / 2 tsp oregano
4 green peppers	1 / 4 tsp pepper
	Grated cheese for topping, optional

1. Sauté onions, celery, garlic and pepper in oil.
2. Add chili powder and cumin.
3. Add tomatoes, oregano and salt.
4. When tomatoes are cooked, stir in rice.
5. Stuff green peppers with rice/tomato mixture.
6. Bake, covered at 350°F for 45 minutes to an hour, until peppers or fork tender but still crisp.
7. Top with your favorite grated cheese and return to the oven long enough for the cheese to melt - ~ 5 minutes.

Serves 4

From *Laurel's Kitchen*

NOTES FROM SUSAN

1. I usually don't use celery.
2. Sometimes I mix an egg into the rice/tomato mixture.
3. I'm generous with the seasonings and tomatoes.
4. Meat is good with the rice if you choose. Sausage, left over chicken, ground beef or pork are all good.