



Our Family Recipes

Mary's Stuffed Bell Peppers

(Mary Elizabeth Yerkes Churma Miller Martin)

Main Dishes

2 to 4 servings

2 or 4 bell peppers (No, you cannot have 3 peppers!)

1 pound ground meat

1 medium onion, chopped

1 small (not the smallest) can corn, drained (I used Green Giant Nibblets)

1 small can diced tomatoes

Salt & pepper

Grated cheese

Par boil peppers for 10 minutes, drain

Place in Pyrex dish

Brown meat and onion, add corn and tomatoes, salt & pepper

Simmer until juice goes down, about 15 minutes

Stuff peppers ~ put extra on bottom around peppers

Top with a pat of butter and grated cheese

Bake 350° about 20 to 30 minutes