

## Stuffed Peppers

1 lb ground beef  
1/2 chopped onion  
3-4 garlic cloves, minced  
2 cups Ricotta cheese  
Salt, pepper to taste  
8 ancient sweet peppers (I buy mine at Sam's)  
1 cup Parmesan cheese, freshly graded



- ✦ Preheat oven to 400°F, line the baking pan with foil and spray with Pam (makes it easy to clean it all up 😊)
- ✦ Brown ground beef with onions
- ✦ Add garlic, cheese, salt and pepper
- ✦ Cut the peppers in half length wise and stuff them with beef/cheese mixture
- ✦ Sprinkle with parmesan cheese and bake for approximately 30 minutes



from the Springhower kitchen. Hope you will enjoy this recipe as much as we did 😊