Stuffed Peppers

Serves 6 people

INGREDIENTS

2 Tbsp. extra-virgin olive oil, plus more for drizzling
1 medium yellow onion, chopped
3 cloves garlic, finely chopped
2 Tbsp. tomato paste
1 lb. ground beef
1 1/2 cups cooked white or brown rice
1 (14.5-oz.) can diced tomatoes
1 1/2 tsp. dried oregano
Kosher salt to taste
Freshly ground black pepper to taste
6 bell peppers, tops and cores removed
1 cup shredded Monterey jack cheese
(or any shredded cheese)
Chopped fresh parsley, for serving

DIRECTIONS

Arrange a rack in center of oven; preheat to 400°. In a large skillet over medium heat, heat oil. Cook onion, stirring occasionally, until softened, about 7 minutes. Stir in garlic and tomato paste and cook, stirring, until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, about 6 minutes.

Stir in rice and diced tomatoes; season with oregano, salt, and pepper. Let simmer, stirring occasionally, until liquid has reduced slightly, about 5 minutes.

Arrange peppers cut side up in a 13"x 9" baking dish and drizzle with oil. Spoon beef mixture into each pepper. Cover baking dish with foil.

Bake peppers until tender, about 35 minutes. Uncover, sprinkle with cheese, and continue to bake until cheese is bubbly, about 10 minutes more.

Top with parsley before serving.

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