



MEATLOAF BOATS



INGREDIENTS

7 oz ground beef lean

1/2 cup mushrooms chopped

1/4 cup fresh salsa

1 bell pepper halved

1/2 cup celery chopped

1/2 cup scallions chopped

1 egg

sea salt & pepper to taste

DIRECTIONS

Preheat oven to 375°F

In a medium sized bowl, mix together all ingredients except for the bell pepper & salsa. Then sprinkle a little sea salt & pepper into the bowl and add salsa to the mix; set aside.

Now, cut the bell pepper in half and stuff with meat mixture.

Lastly, place stuffed pepper halves on a baking sheet, cover with foil and bake for 35- 45 minutes or until meat is cooked. Remember to remove the foil for the last 10 minutes so that the tops will brown.

Ready to serve!