



Recipe for: Stuffed peppers

From: Betty Lyons

1 lb. hamburger (3-4 peppers)

1 egg

$\frac{1}{2}$ - $\frac{3}{4}$ c. rice (uncooked)

1 tsp salt, pepper

Onion flakes

1 g. can tomato juice (reserve $\frac{2}{3}$ for cooking)

Mix above in bowl. Core peppers. Fill with above. Put in soup pot. Pour tomato juice on top. -over- Makes: 4 servings

Pour remaining filling around peppers.
Simmer for $1\frac{1}{2}$ hours after bringing
to a boil. Stir occasionally and flip
pepper while simmering - w/o lid
for last 20 or so minutes.