



# Stuffed Peppers

Servings: **6 servings**

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## Ingredients

- 1/2 lb. ground beef
- 1/2 yellow onion, chopped
- 1 medium carrot, diced
- 1 medium tomato, diced
- 1 cup frozen corn kernels
- 1 cup cooked white rice
- 1 cup ketchup
- 2 cloves garlic, minced
- 1 tsp. salt
- 1 tsp. pepper
- 1 Tbs. oregano
- 2 Tbs. parsley
- 6 tall green peppers, cored
- 10 3/4 oz. can condensed tomato soup

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## Directions

1. In a large mixing bowl, combine all the ingredients except the bell peppers and tomato soup.
2. Stuff each bell pepper with the mixture and place the peppers standing upright side by side.
3. Pour the tomato soup over the peppers.

Cook on low for 6-8 hours or on high 3-4 hours.

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