



### **INGREDIENTS:**

- 6 green bell peppers
- 1 1/2 pounds ground hamburger, cooked and drained
- 1 (15 oz) can drained & rinsed Pinto beans
- 1/2 teaspoon minced garlic
- 2 cups corn
- 3/4 cups cheddar cheese, grated
- 1/2 tablespoon vegetable oil
- 1/2 cup onion, minced
- 1 clove garlic, minced
- 1/4 cup fresh parsley, minced
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper

### **METHOD:**

Preheat oven at 350°. Cut off tops of green peppers, leaving a hole of about 2 inches in diameter and remove seeds and inner ribs. Immerse peppers in boiling water and cook for 5 minutes. Remove peppers and place upside down on paper towels. Drain and cool. In a medium size bowl, combine remaining ingredients and mix well. Place about 2 cups of filling in each pepper. Put filled peppers in a baking dish. Pour a little water into dish (about ¼ inch or so). Bake peppers for 20-30 minutes.