Stuffed Peppers

375 degrees

4 green peppers, tops removed and seeded

½ onion, chopped

1T garlic, minced

1lbs ground beef

1 can Rotel, ¼c of liquid reserved

1t parsley

1 ½t Italian seasonings

1t Worcestershire

2c cooked white rice

Brown hamburger, onion, garlic and spices. Add Rotel then rice, mix well. Stuff 1/4th of the mixture in each pepper. Pour reserved liquid in a baking dish, stad peppers upright in liquid.

Bake 20 min.