

Gluten-Free Unstuffed Pepper Casserole

Servings: 4 - 6

Prep time: 20 minutes

Cook time: 30 - 40 minutes

Ingredients:

- 1 pound ground beef or turkey
- 1 onion, chopped
- 2 bell peppers, chopped
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (10 ounce) can tomato suce
- 1 cup cooked rice (use gluten-free rice)
- 1-2 teaspoons Worcestershire sauce (make sure it's GF)
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and pepper to taste
- 1 cup shredded cheddar cheese

Directions:

Step 1

Brown the Meat: In a large skillet over medium heat, brown the ground beef. Drain off any excess grease.

Step 2

Sauté Vegetables: Add the onion and bell peppers to the skillet and cook until softened, about 5 minutes.

Step 3

Combine Ingredients: Stir in the diced tomatoes (with their juice), tomato sauce, cooked rice, chili powder, Worcestershire, cumin, garlic powder, onion powder, salt, and pepper. Bring to a simmer and cook for 5 minutes, stirring occasionally.

Step 4

Assemble: Pour the mixture into a greased 9x13 inch baking dish.

Step 5

Top with Cheese: Sprinkle with shredded cheddar cheese.

Step 6

Bake: Bake in a preheated oven at 350°F (175°C) for 20-25 minutes, or until bubbly and heated through.

Tips and Variations

- **Add-ins:** Feel free to add other vegetables to this casserole, such as chopped mushrooms, zucchini, or carrots.
- **Spice it up:** Add a pinch of red pepper flakes or a dash of hot sauce for some heat.
- **Make it vegetarian:** Substitute the ground beef with ground turkey, lentils, or black beans.
- **Top with more cheese:** For extra cheesy goodness, add a layer of additional cheese on top of the casserole before baking.

Important Notes

- **Gluten-Free Rice:** Use certified gluten-free rice.
- **Worcestershire:** Make sure the Worcestershire sauce you use is gluten-free. Check the label carefully.