

"Meatloaf" Stuffed Peppers

Serves 6

Ingredients:

1 Wellness Forum Health's Meatloaf Mix
6 medium bell peppers
1 small onion, diced
2 Tablespoons water
2 - 15 ounce jars spaghetti sauce

Directions:

- Preheat oven to 350.
- Prepare meatloaf on stovetop according to package instructions up to the point where you place the meatloaf in a baking dish.
- While the meatloaf cooks, cut tops from peppers, de-seed, discard stems, and dice the remaining tops.
- Sauté onion and diced peppers in water over medium heat until onions are translucent, about 7 minutes.
- Combine diced peppers, onions and meatloaf mix with ½ cup spaghetti
- sauce. Lightly spray a 9 x 13 pan and place whole peppers in pan, open side up. Fill each pepper with meatloaf mix and top with remaining spaghetti sauce. Cover
- with foil and bake for 30 minutes. Remove foil and bake uncovered for 5 minutes. Serve immediately.