



## *Garden Fresh Farm Recipes*

# Stuffed Bell Pepper

It's summertime. Here is another recipe using fresh peppers from our garden. A classic American dish that one can't easily find in restaurant is stuffed bell peppers.

Yield: Serves 4-6.

### Ingredients:

4 bell peppers, any color  
Salt  
5 Tbsp extra-virgin olive oil  
1 medium yellow onion, peeled and chopped  
1 clove of garlic, peeled and chopped  
1 lb. of lean ground beef  
1 1/2 cup of cooked rice  
1 cup chopped tomatoes, fresh or canned (if using can, drain of excess liquid first)  
1 tbsp chopped fresh oregano or 1 teaspoon of dried oregano  
Fresh ground pepper  
1/2 cup ketchup  
1/2 cup of Worcestershire Sauce  
Dash of Tabasco sauce

### Directions:

Bring a large pot of water to a boil over high heat. Meanwhile, cut top off peppers 1 inch from the stem end, and remove seeds. Add several generous pinches of salt to boiling water, then add peppers and boil, using a spoon to keep peppers completely submerged, until brilliant green (or red if red peppers) and their flesh slightly softened, about 3 minutes. Drain, set aside to cool.

Preheat oven to 350 degrees F. Combine ketchup, Worcestershire sauce, Tabasco sauce, and 1/4 cup of water in a small bowl. Heat 4 tbsp of the oil in a large skillet over medium heat. Add onions and cook, stirring often, until soft and translucent, about 5 minutes. Add the garlic and cook a minute more. Brown the ground beef and drain. In a large mixing bowl, combine the onion mixture, browned ground beef, rice, one half of the tomato sauce mixture.

Stuff each of the bell peppers with the mixture. Place in a baking dish. Top each of the peppers with the remaining tomato sauce mixture.

Add 1/4 cup of water to the baking dish. Place in oven and bake for 40-50 minutes (or longer, depending on how big the peppers are that you are stuffing), until the internal temperature of the stuffed peppers is 150-160°F.