



Garden Fresh Farm Recipes

Stuffed Bell Peppers Without Rice

What to do with all of the farm fresh green bell peppers at RizzieFarms? Easy! Here is a delicious stuffed bell pepper recipe without rice.

Ingredients:

- 4 bell peppers, we use green bell
- 1 lb ground beef 90% lean
- 1 lb Italian sausage
- 1/2 cup yellow onion, chopped
- 3 tsp minced garlic cloves
- 2 cups Italian bread crumbs
- 1 1/4 cup chunky marinara sauce
- 1 tsp dried basil
- 1/2 tsp sea salt
- 1/4 ground pepper
- 1 cup mozzarella cheese (divided)
- 1 tsp chives, optional



Directions:

Preheat oven to 350 degrees.

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 3-5 minutes. Drain, set aside to cool.

Cook ground meat in a pan for 6-7 minutes until cooked through. Drain the grease and set the meat aside in a bowl.

Sauté chopped onion, garlic for 4-5 minutes, until softened.

Add 1 cup marinara sauce, bread crumbs, dried basil, 1/2 tsp sea salt and 1/4 tsp ground black pepper to the same pan, mix together and simmer on medium low for 2 minutes until heated through.



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Stir in ground meat and cook until heated through.

Stir in 1/2 cup of shredded mozzarella cheese.

Spoon the meat and sauce mixture into the peppers, add a small spoonful of marinara on the top and the remaining mozzarella cheese to top off each pepper.

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.

Garnish with chives if desired.