



STUFFED PEPPERS

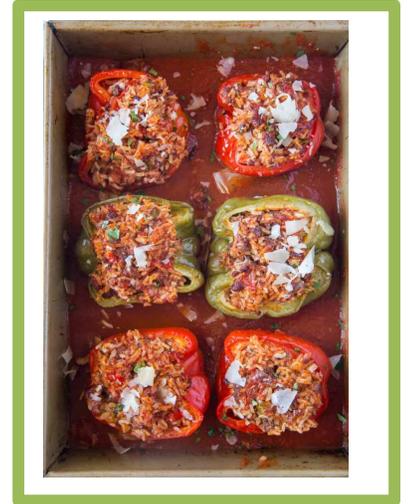
The Easy Way

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Peppers are plentiful right now. Here is an easy way to make a classic with whatever peppers you have available. Stuffed Peppers were always a favorite of mine as a child and I found a way to make them in the most easy way possible!

6 large	sweet peppers. Use bell, poblano or even sweet banana peppers.
1 pound	lean ground beef or ground turkey
1 cup	cooked rice
1 small	onion, diced
2 tsp	garlic powder
To taste	salt and pepper
2 cans	tomato soup (I like Campbells low salt low fat)
As needed	Water



1. Pour the two cans of soup into a large pot adding enough water to thin it out a bit, but still quite thick.
2. Clean out the pepper by either cutting them in half to form cups if they are large, or just cut off the tops so they can be stuffed.
3. Combine all the ingredients except the soup in a large bowl. Stuff each half or whole pepper, and place into the bottom of the large pot. If you have extra meat, form into balls and add to the pot.
4. Cook on LOW heat until the peppers are soft and the meat is cooked through about 40 minutes, longer if the meatballs you made were larger.

The meat mixture will flavor the sauce and you will have the most delicious Stuffed Pepper sauce you've ever had!!

This recipe is very forgiving. Change up any of the ingredients -- add more or less or even adding other spices or herbs you love!

Maggie's Notes:

- ***Serve with Mashed Potatoes or a crunchy chunk of bread***
- ***Alternately, this can be placed in a large baking dish and done in the oven, or even a heavy pot that could take the heat of an outdoor grill on low heat.***
- ***Add a couple of hot peppers to the pot to spice it up!***

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