

# Mangia Bene, Viva Bene

By FRANK ZEOLI



## Stuffed Peppers



This is another dish I would say is comfort food, for me anyway. My grandmother would make this at least once a month all year round. She used to say it was a way to get your meat, starch, and vegetables all in one bite. It was always one of my favorites.

**Prep Time: 25 Minutes**  
**Cook Time: 60 Minutes**

### Ingredients

- 4 large Green Peppers
- 4 cloves of Garlic
- 2T of Olive Oil
- 1lb of Ground Beef
- 2 cups of White Rice
- 2 cups of Marinara Sauce
- 1/4 cup of Parmesan Cheese
- Salt & Pepper to taste

### Instructions

1. Cut the top of the pepper off, remove the stem and clean the pepper out of all the seeds and pith. Take the pepper tops and cut them into a small dice. Set them aside. Mince the garlic.
2. In a sauté pan, add the olive oil, garlic and the diced pepper. Sauté them for about 3 minutes and add the ground beef. Cook for another 4 minutes or until brown.
3. In a large mixing bowl, add the beef mixture, rice, 1 1/2 cups of sauce, parmesan cheese and the salt and pepper.
4. Pre-heat the oven to 375 degrees.

5. Place the peppers in a baking dish and add a drizzle of olive oil in each of them. Stuff the peppers with the beef and rice mixture. Divide the remaining sauce over the top of each pepper. Add some water to the bottom of the dish so it covers the entire bottom.

6. Cover the baking dish with foil and bake in the oven for approximately 45 minutes. Remove the foil and cook for another 10-15 minutes or until you can put a knife into the pepper and it's soft.

7. Remove them from the oven and serve them hot with a little extra parmesan cheese.



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