

BULGARIAN STUFFED BELL PEPPERS

Пълнени чушки по Български

Ingredients

1 serving = 1 large pepper or 2 small bell peppers
1 pound ground beef (or a combination of pork and/or veal)
½ cup uncooked long grain white rice 1 cup water
4 large (or 6 medium) red, yellow and orange bell peppers 2 tablespoons olive oil
1 (8 ounce) can tomato sauce and 1 (8 ounce) can diced tomatoes
1 medium onion finely chopped, 2 cloves of garlic crushed, salt and pepper to taste
Oregano and thyme – ½ teaspoon each and fresh chopped parsley, dill, and basil

Instructions

Preheat oven to 375 degrees F (190 degrees C).

Remove and discard the tops, seeds, and membranes of the bell peppers. Blanch them about 3 minutes and transfer them to an ice bath to stop the cooking.

Place the rice and water in a saucepan and bring to a boil. Reduce heat, cover, and cook no more than 12 minutes (enough to get softer).

In a skillet over medium heat in olive oil brown the chopped onion for 2 minutes, add the crushed garlic and the pre-seasoned meat (oregano, thyme, salt, and pepper). Cook until evenly browned. Add the can of diced tomatoes. Mix well.

In a bowl, mix the browned meat and cooked rice. Spoon an equal amount of the mixture into each hollowed pepper. Pour the tomato sauce mixed with basil over the stuffed peppers.

Arrange peppers in a baking dish with the hollowed sides facing upward. (Carefully slice the bottoms of the peppers if necessary, so that they will stand upright.). Stuff them with the mixture. Cover with a lid or kitchen foil during baking.

Bake 60 minutes in the preheated oven. Remove the cover and bake for another 15-30 minutes until peppers are tender. *Optional for added flavor:* When you remove the cover, sprinkle grated cheddar or mozzarella over each pepper.

Bon Appétit ! Да Ви е сладко!

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