



Santa Rosa Hills CSA

Bell peppers, tomatoes, onion, garlic, zucchini, and lemon

Stuffed Bell Peppers

This uses a classic rice and vegetable stuffing for the bell peppers. Be creative and add herbs, meat, cheese, or other vegetables to suit your taste.

Ingredients:

Two whole green bell peppers
3 Tbs olive oil
1 onion, chopped
1 tomato, peeled, seeded, and chopped
1 clove garlic, minced
 $\frac{3}{4}$ cup white or brown rice
 $2\frac{1}{4}$ cups vegetable or chicken broth
 $\frac{1}{2}$ cup fresh or frozen peas
1 zucchini, scrubbed and cut into $\frac{1}{8}$ -inch cubes
 $\frac{1}{2}$ tsp ground cumin
lemon wedges for garnish

Preparation:

- 1) Halve the whole bell peppers lengthwise (leaving the stem ends intact), core, and seed them. Blanch halved peppers in a large saucepan of boiling salted water for 3 minutes, or until they are just tender. Remove the peppers and invert them on paper towels to drain (they will soften while they stand.)
- 2) In a heavy 11- to 12-inch skillet heat the oil over moderately high heat until it is hot but not smoking. Add onion, tomato, and garlic and sauté over moderate heat, stirring, till soft, about 15 minutes. Add the rice and cook the mixture, stirring, for 1 minute. Stir in the broth, and add salt and pepper to taste, bring the liquid to a boil and simmer uncovered for about 20 minutes, or until the rice is barely tender. Preheat oven to 325°F while rice is cooking. Stir in the peas, zucchini, and cumin and divide the mixture among the bell pepper halves, packing slightly and mounding the top. Bake the stuffed peppers in an oiled baking dish, covered, for 15 minutes, or until the rice is tender. Serve with lemon wedges.