



Stuffed Bell Peppers

Ingredients

Finely chopped:

1 whole med yellow onion

6 garlic cloves

½ c fresh parsley

2 ½ sticks of margarine

16ozs Italian Bread crumbs

2lbs fresh shrimp (fresh is best)

2 to 3 links of smoke sausage of choice, thinly sliced

6 med (or large) bell peppers (cut in half, clean out the seeds)

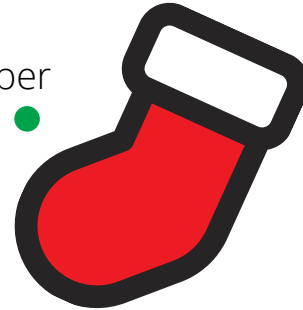
Spices to taste: Salt, Black pepper, cayenne pepper, basil and Italian seasoning

1 whole sm. bell pepper

1 bunch of shallots

1.5 cups water

2 lbs of ground beef



Shared by Ayanna Hingle, Communications Supervisor



1. Boil the cleaned bell pepper halves about 10 mins, making sure to leave them a little firm. Set aside to cool.
2. Brown the ground beef, and drain but leave a little juice in the pot.
3. Lower heat to about 3 or 3 ½ (low), then add spices. Let simmer for about 10 minutes.
4. Next, add all the chopped seasonings, 1 stick of margarine, and let simmer very low for 30 to 40 minutes, stirring occasionally.
5. Add smoked sausage and let it cook with the rest of the mixture for about 15 minutes.
6. Add the other stick of margarine, shrimp, and a cup of water. Let mixture cook slowly, just a little above a simmer.
7. Add ½ of the bread crumbs (8 oz), mix well.
8. Add the last of the margarine, ½ cup more of water, and mix well. Mixture should stay moist and not too wet or too dry.
9. Preheat the oven to 275°F.
10. Fill the pepper halves, then lightly sprinkle remaining bread crumbs over filled peppers.
11. Place a tiny amount of water in the bottom of your pan to steam the peppers tender.
12. Bake no longer than 10 minutes.