# **Bell Stuffed Peppers**

Serves: 6 people | Cook Time: 50 minutes | Difficulty: Medium

# **Equipment Needed:**

• 12-inch Dutch oven with lid

• Sharp knife and cutting board

Large mixing bowl

• Can opener

## Ingredients:

| Ingredient        | Amount           | Notes                              |
|-------------------|------------------|------------------------------------|
| Bell peppers      | 6 large          | Any color, tops cut off            |
| Ground beef       | 1 lb             | Or ground turkey                   |
| Cooked rice       | 2 cups           | Day-old rice works best            |
| Yellow onion      | 1 medium, diced  | Finely chopped                     |
| Garlic            | 3 cloves, minced | Fresh only                         |
| Diced tomatoes    | 1 can (14.5 oz)  | Drained                            |
| Mozzarella cheese | 1 cup, shredded  | Part for filling, part for topping |
| Parmesan cheese   | 1/2 cup, grated  | Fresh preferred                    |
| Italian seasoning | 2 tsp            | Dried blend                        |
| Salt              | 1 tsp            | To taste                           |
| Black pepper      | 1/2 tsp          | Freshly ground                     |
| Vegetable oil     | 2 tbsp           | For cooking                        |
| Beef broth        | 1 cup            | For steaming                       |

## Complete Cooking Steps:

Step 1: Set up and Prepare Peppers

Set up 22 coals, with 15 on top and 7 on bottom, to achieve a temperature of 375°F.

Trim the bottom slightly if needed so the peppers stand upright.

Step 2: Make the Filling

Cook for 8-10 minutes, breaking up the meat until it is browned.

Add diced onion and garlic, cooking 2-3 more minutes until onion softens.

Step 3: Complete Filling Mixture

Remove the Dutch oven from the heat and stir in the cooked rice, drained tomatoes, half of the mozzarella, all of the Parmesan, Italian seasoning, salt, and pepper.

Mix well until all ingredients are combined. Taste and adjust seasoning.

Step 4: Stuff and Arrange Peppers

Fill each prepared pepper with the meat and rice mixture, packing gently but firmly.

Pour beef broth into the bottom of the Dutch oven, then arrange the stuffed peppers upright.

Step 5: Steam and Bake

Cover the Dutch oven and cook for 30 minutes, or until the peppers are tender when pierced with a knife.

Remove lid and cook 5 more minutes with the own cheese topping.

Step 6: Rest and Serve

Remove from heat and let peppers rest 5 minutes before serving.

Peppers should be tender but still hold their shape. Serve with pan juices spooned over top.

## Serving Suggestions:

- Serve with garlic bread or salad
- Great make-ahead camping meal
- Perfect for using leftover rice
- Can customize filling with favorite ingredients