



"STUFFED BELL PEPPERS"

LILY USES DR. GREG'S STUFFED BELL PEPPERS RECIPE TO CREATE HER OWN CITY, PEPPEROPOLIS!

INGREDIENTS (SERVES 4)

4 BELL PEPPERS
 1/3 CUP OLIVE OIL
 1 MEDIUM YELLOW ONION, DICED
 1 MEDIUM SIZED CARROT
 1 CELERY STALK
 2 CLOVES OF GARLIC
 2 TBSP CHOPPED FLAT LEAF PARSLEY
 2 TBSP CHOPPED FRESH DILL
 SALT AND PEPPER TO TASTE
 2 TBSP TOMATO PASTE
 1/2 CUP WHITE RICE
 1 CUP WATER
 3 TBSP CRUMBLLED FETA CHEESE
 340 GRAMS VEGGIE GROUND MEAT OR 1/2 LBS GROUND BEEF
 14 OZ CAN OF PUREED TOMATOES
 3 SMALL YELLOW OR WHITE POTATOS

HELPFUL HINTS

- SAFETY TIP: REMEMBER YOUR KNIFE SKILLS! USE THE CLAW OR THE BRIDGE WHEN CUTTING VEGETABLES.
- DON'T WORRY IF YOUR RICE ISN'T FULLY COOKED IN THE SKILLET AS IT WILL CONTINUE TO COOK IN THE OVEN.
- ANOTHER SAFETY TIP! RAW MEAT NEEDS TO BE COOKED ALL THE WAY THROUGH, OTHERWISE IT CAN MAKE YOU SICK. MAKE SURE TO WASH YOUR HANDS AFTER HANDLING RAW MEAT.
- USE BELL PEPPERS THAT ARE OF SIMILAR SIZE TO MAKE SURE THEY FINISH COOKING AT THE SAME TIME!



METHOD

1. PREHEAT THE OVEN TO 375 DEGREES FAHRENHEIT.
2. BEGIN BY WASHING AND DRYING THE VEGETABLES AND HERBS.
3. CUT OFF THE TOPS OF THE PEPPERS AND REMOVE THE SEEDS AND WHITE FLESH SO THEY RESEMBLE A BOWL WITH A LID.
4. PLACE THE PEPPERS ONTO A CASSEROLE PAN GREASED WITH OLIVE OIL AND BAKE IN THE OVEN UNTIL THEY ARE SOFT AND THE SKIN BEGINS TO BROWN. APPROXIMATELY 15 MINUTES. THEN, REMOVE THE PAN FROM THE OVEN AND LET IT COOL.
5. TIME FOR THE MIREPOIX! FINELY DICE THE CELERY, PEEL AND DICE THE CARROTS, PEEL AND DICE THE YELLOW ONION.
6. PEEL AND DICE THE POTATOES INTO CUBES.
7. MINCE THE GARLIC.
8. HEAT 2 TBSP OF OLIVE OIL IN A MEDIUM-SIZED SKILLET AND SAUTÉ THE MIREPOIX (CELERY, CARROTS, ONION) FOR ABOUT 5 MINUTES.
9. CHOP THE DILL AND PARSLEY AND ADD TO THE SKILLET.
10. ADD MEAT (OR MEAT SUBSTITUTE) AND GARLIC TO THE SKILLET AND COOK UNTIL BROWNEED.
11. ADD TOMATO PASTE TO THE SKILLET AND STIR.
12. ADD HALF OF THE PUREED TOMATOES AND CRUMBLLED FETA CHEESE TO THE SKILLET. STIR TO FULLY COMBINE.
13. ADD RICE AND 1 CUP WATER TO THE SKILLET AND STIR. COOK MIXTURE FOR AN ADDITIONAL 10 MINUTES.
14. ADD POTATOES TO THE CASSEROLE PAN. POUR THE REMAINDER OF THE PUREED TOMATOES AND 1/2 TSP SALT OVER THE POTATOES.
15. STUFF THE PRE-COOKED PEPPERS WITH THE FILLING AND PUT THE "LIDS" BACK ON.
16. DRIZZLE 1/3 CUP OLIVE OIL OVER PEPPERS AND POTATOES.
17. COVER CASSEROLE PAN WITH A SHEET OF TIN FOIL. BAKE FOR 45 MINUTES OR UNTIL COOKED.