



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

AUG 2016
Recipe 87

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Spicy Stuffed Bell Peppers with Ground Beef and Pecorino Romano.

PREPARATION

- 1 - Preheat oven to 350F.
- 2 - Brown the ground beef in a skillet with the onion and jalapeño. Drain well, blotting away excess fat.
- 3 - Combine cooked rice, beef mixture, tomatoes, mint, lemon peel, Pecorino Romano, salt and pepper to a bowl and mix well.
- 4 - Cut tops off bell peppers, remove seeds, and clean well. Fill the cavity of the peppers with the rice mixture, and place the peppers upright in a baking pan.
- 5 - Pour tomato juice around the peppers (it should come just a little way up the sides) and cover pan with foil.
- 6 - Bake at 350 for 50-60 minutes. Remove the foil during the last 10 minutes, and allow to cool slightly before serving.

Spicy Stuffed Bell Peppers with Ground Beef Jalapeño Peppers & Pecorino Romano



Cook's Note: In celebration of summer bell pepper harvest, this dish is sure to tantalize all of the senses - from the aroma of the piping hot peppers, to the beautiful color spectrum, to the savory taste.

Bon Appetit!
-George

(photo by Marc-Henri)

INGREDIENTS

- 8 bell peppers, seeds removed
- 1 1/2 lbs ground beef
- 2 cups cooked rice
- 1/4 cup finely minced onion
- 2 tablespoons minced jalapeño, optional
- 1 cup diced tomatoes in juice
- 1/2 cup tomato juice
- 1 tablespoon fresh mint, chopped
- 1/2 teaspoon salt
- Pepper to taste
- 1 teaspoon fresh grated lemon peel
- 1/4 cup grated Pecorino Romano cheese

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