



Fredericksburg Farms

Country Goodness, Gourmet Taste

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Stuffed Bell Peppers

In the summer at Fredericksburg Farms we grow a bevy of peppers, including nice chubby, big-shouldered green bells. We use them in all sorts of concoctions, but one of our favorite bell pepper creations is a good stuffed one. We've even found that they freeze well for those times when you need a filling supper, but don't have time to cook. So when the kitchen counter's full of green bells, we'll stuff several and freeze them for those busy days.

To serve 4.

4 medium-sized green bell peppers
¼ cup canola oil
1 pound lean ground beef
1 onion, chopped
2 large garlic cloves, minced
1 cup beef broth
1 jar **Fredericksburg Farms Old San Antonio Tomatillo Salsa**
1-1/2 cups cooked white rice
1-1/4 cups shredded Monterey jack cheese

Using a sharp knife, cut the stem end of the peppers off, exposing the interior of the pepper. Carefully cut out the seed core and all of the pale veins inside the pepper, taking care not to puncture the pepper itself. Stand the peppers in a deep micro-safe dish and add about 2 inches of water to the dish. Cover and microwave on HIGH for 4 minutes. Carefully drain the peppers into a colander, then plunge them into ice water to stop the cooking. Set aside. Preheat oven to 375 degrees.

Heat the canola oil in a heavy-bottomed 12-inch skillet over medium heat. When the oil is hot add the ground beef and cook until beef has browned and all moisture has evaporated, leaving only the original canola oil. Stir in the onion and garlic, blending well. Cook until onion is wilted and transparent, about 7

minutes. Stir in the beef broth and **Fredericksburg Farms Old San Antonio Tomatillo Salsa**. Cook, stirring occasionally, until the mixture is fairly thick. Stir in the white rice, blending well.

Remove pan from heat. Stand the bell peppers in a baking dish large enough so that they do not touch. Spoon an equal portion of the meat mixture into the bell peppers. Packing firmly. Top each pepper with a portion of the shredded cheese. Bake peppers in preheated oven for about 30 minutes, or until peppers are very tender. Serve hot.