

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