



Stuffed Peppers

Servings	8 servings
Prep Time	0 hours, 20 minutes
Cook Time	1 hour, 0 minutes

Summary

Stuffing peppers is simple in process, but don't underestimate the amount of time the technique takes. Even so, the effort makes a special-occasion meal that will impress family or guests. Don't be afraid to substitute or experiment. Once you have the technique down, you'll find stuffed peppers work well with a wide variety of flavors and combinations.

Ingredients

- 1 1/2 pounds Italian chicken (or pork) sausage, spicy or mild
- 1 1/2 cups cooked orzo pasta, cooled
- 1/2 cup finely chopped red onion
- 1/3 cup minced fresh parsley
- 1/4 cup fine dry breadcrumbs
- 1 large egg
- 1 teaspoon ground black pepper
- 3/4 teaspoon salt
- 1/2 teaspoon minced fresh rosemary
- 4 medium-size red bell peppers (each about 4 to 6 ounces), halved lengthwise, seeded

Instructions

1. Preheat oven to 350°F. Mix first 9 ingredients in large bowl until well blended. Fill pepper halves with sausage mixture, dividing equally and mounding slightly. Arrange in 13 x 9 x 2-inch baking dish. (Can be made 1 day ahead. Cover; chill.)
2. Bake peppers uncovered until tops are browned and thermometer inserted into filling registers 165°F, about 1 hour. Transfer peppers to platter. Garnish with rosemary sprigs and serve.

Sources

Adapted from Epicurious - based on commenters' advice
<http://www.epicurious.com/recipes/food/views/Stuffed-Peppers-101633>

Related Recipes

Stuffed Peppers: Farm versus Store - http://www.localdish.net/posts/stuffed_peppers_farm_versus_store