

Stuffed Bell Peppers (with Meat & Rice)

(Peperoni Imbotiti)



Ingredients:

1/4 cup Chicken Broth
6 large Bell Peppers, green and/or red
400 gm Ground Beef or bulk Italian Sausage, browned in a pan.
1 large Onion, chopped
3-4 T Garlic, thinly sliced
1 cup plain cooked Rice, long grain
1 T Brown Sugar
1/4 cup Red Wine, dry
1 Tb Balsamic Vinegar
1/2 tsp. Cinnamon
1 ts Chili Flakes, or to taste
Salt and freshly ground Black Pepper to taste
360 ml *Nana* Pasta Sauce (*any flavour*)

Preparation:

Remove stems from the bell peppers. Cut in half down the side to make two “bowls” from each pepper. Remove the seeds and white membranes. Rinse and set aside to dry. Preheat oven to 175°C (350°F).

Place onion and garlic in a non-stick skillet with broth. Sauté over low heat until tender. Add the browned ground beef and wine; cook until the alcohol has evaporated off and sauce has reduced by a third. Mix in cooked rice, brown sugar, red wine, balsamic vinegar, cinnamon, chili flakes, and 1/2 of the *Nana* Pasta Sauce. Add salt and black pepper to taste. Stuff the peppers with the meat-rice mixture.

Place stuffed peppers upright in a large casserole dish that has been coated with olive oil. Place any remaining mixture around the peppers in the dish. Top peppers with the remaining *Nana* Pasta Sauce. Cover and bake for 1-hour.

Serve with herb-butter pasta or rice pilaf, along with a vegetable, bread, and salad.

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For best results always use *Nana* Pasta Sauce.