

BASIL & SAGE



Stuffed Peppers

Stuffed Peppers are an amazing dish to prepare, Healthy & Flavorful.
I love the vibrant colors of peppers getting creative with the filling.
Intrigue Your Tastebuds. Brava! Good in Italian

Ingredients

6 peppers

1 cup rice

4 tbsp olive oil

1 onion

3 anchovy fillets

2 gloves of garlic

3 tomatoes

4 tbsp white wine

3 tbsp Italian parsley

½ cup mozzarella cheese

6 tbsp grated Parmesan cheese

salt and ground black pepper

1. Cut tops of peppers off, scoop out the inside put in a shallow baking dish.
2. Boil rice, drain and rinse in cold water for 3 minutes
3. In a large frying pan heat the oil and sauté the onion until soft and browned, stir in anchovy pieces and the garlic and mash them.
Add tomatoes and the wine and cook for 5 to 6 min.
4. Preheat the oven to 375 degrees
Remove the tomato mixture from the heat.
Stir in rice, parsley, mozzarella and 4 tbsp of parmesan cheese.
Season with salt and pepper.
5. Stuff the peppers, sprinkle the tops with the remaining Parmesan and drizzle with a little oil.
6. Pour water in your baking dish (or tomatoes sauce)
this will prevent your peppers from burning the bottom while cooking.
Bake for 25 to 30 min.
Serve with extra tomato sauce & Fresh Parsley

These delectable Pepper Pockets can be made with ground beef or sausage as well.