

# Stuffed Summer Peppers

*Willowa Gates*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 8**

*8 yellow, green or red bell peppers*

*1 1/2 pounds lean ground beef*

*1/3 clove garlic, minced*

*1 onion, minced*

*1/2 cup cabbage, finely chopped*

*1 carrot, shredded*

*1/2 cup zucchini, shredded*

*1 can (28 ounce) chopped tomatoes*

*1/2 cup uncooked long grain rice*

*1 tablespoon brown sugar*

*1/4 teaspoon dried basil pepper (to taste)*

Cut the tops from the peppers. Remove the stems from the tops. Chop enough of the tops to measure 1/3 cup. Remove the seeds and membranes from the peppers. In a saucepan, cook the peppers in boiling water to cover until tender-crisp. Rinse with cold water.

In a skillet, brown the ground beef over medium heat, stirring until crumbly. Drain. Add the garlic, onion, cabbage, carrot, zucchini and chopped bell pepper. Saute' until the vegetables are tender. Add the tomatoes with juice, rice, brown sugar, basil and pepper. Mix well.

Simmer, covered, over low heat for 20 minutes or until the rice is tender.

Spoon the hot mixture into the peppers. Serve on a platter garnished with parsley leaves or sprigs of mint.

---

Per Serving (excluding unknown items): 244 Calories; 18g Fat (66.4% calories from fat); 16g Protein; 5g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 65mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.