

Greek Stuffed Peppers-inspired by my childhood snobbery and a recipe found on an unknown website

- 1 pound lean ground beef
- 6 red peppers, washed, tops cut and inside cored
- 1 medium onion, diced
- olive oil - enough to simmer the onion and garlic in (about 1/8-1/4 cup)
- 1-2 cloves of garlic, minced
- 1/4 cup of fresh parsley, finely chopped
- 1/4 cup of fresh dill, finely chopped
- 1 teaspoon fresh mint, finely chopped
- 1/2 cup of good tomato sauce (pomodoro)
- 1/2 cup arborio rice, cooked (or other rice you might have on hand!)
- salt and pepper to taste

Heat oven to 375° F

Wash the peppers, then cut the tops off, keeping them for presentation. Hollow out the peppers and throw away the ribs and seeds. Set the peppers aside.

Heat a large skillet using medium high heat. Pour in the olive oil, then add the onions and garlic and lower to medium heat and simmer for 10 minutes to soften the onions.

Add parsley, dill, mint and tomato sauce and simmer until most of the liquid is gone and a thick mixture forms. Take off the heat and allow to cool for 5 minutes.

Add the rice and ground beef to the onion tomato mixture and mix all the ingredients. Add 1 teaspoon of salt and about 1/4 teaspoon (or more, if you are me!) black pepper and mix well.

Using a spoon, stuff the peppers and arrange them in an oven-proof baking pan. Pour 2 cups hot water around the peppers and bake for 1 hour. Do not cover.

Remove from oven, top with reserved pepper tops, serve with a green salad and crunchy bread, a drizzle of extra-virgin olive oil, and a side of Feta cheese.

Bon Appétit!