

Stuffed green bell peppers by Philly Jay Cooking

6 Large Green Bell Peppers

1.50 Lbs Ground Beef

16oz Sweet Italian Sausage

1 Large Onion, chopped

Success 10 Minute White Rice

5oz Shredded Parmesan Cheese

1/2 Cup Beef Broth

30oz Canned Stewed Tomatoes (or fresh tomatoes)

6oz Tomato Paste

2Tbs Worcestershire Sauce

2Tbs Ketchup

2Tbs Minced Garlic

2Tbs Brown Sugar

1-1/2 Tbs Celery Salt (or fresh chopped celery leaves)

1Tbs Oregano (2 Tbs. if fresh)

1Tbs Parsley Flakes

1Tsp Crushed Red Pepper Flakes

1Tsp Black Pepper

1. Chop half of onion into small pieces and the other half into long thin slices.
2. Add stewed tomatoes, tomato paste, brown sugar, oregano, and crushed red peppers to a bowl, then stir in well.
3. Place a skillet over high heat.
4. Add ground beef, sweet Italian sausage meat, and onions to the skillet. Chop and break meat up with a wooden or plastic spoon, while it's cooking. Once meat has browned, add minced garlic, celery salt, garlic powder, and pepper, then stir in well then. Cook meat for 15 to 20 minutes.
5. Place a small pot of water over high heat. Once water comes to a boil, add rice. Boil for 10 minutes, then drain water.

6. Add meat, Worcestershire sauce, ketchup, 1/3 of stewed tomato sauce mixture, 2/3rds of shredded parmesan cheese, and cooked rice to a big mixing bowl, then stir in well.
7. Place a big pot of water over high heat.
8. Chop off the top of the peppers. Remove and discard the seeds and interior.
9. Add beef broth, 1/2 of the remaining stewed tomato sauce, and the long onions to a baking pan.
10. Once big pot of water comes to a boil, add 2 peppers at a time and blanch for 5 minutes. Afterwards, place each pepper in the baking pan over the onions and sauce.
11. Allow peppers to cool for 10 minutes.
12. Preheat oven to 350 degrees.
13. Stuff the bell peppers with the filling.
14. Top with remaining stewed tomato sauce mixture.
15. Top with remaining shredded parmesan cheese and parsley flakes .
16. Place in oven and bake for 30 minutes.