

## Recipe – Emily’s Stuffed Peppers

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# Cooking with the College

## VIRTUAL LESSONS



These multi-colour nutritious bell peppers are loaded with hearty rice, seasoned pork (or meat substitute) and mildly sweet tomatoes topped with your favorite cheese then baked until perfectly tender! They are a delicious, easy and cheap dinner all in one that you'll want on the regular!

**MAKES: 6 SERVINGS**

**PREP TIME: 10 MIN**

**TOTAL TIME: 1 HOUR 20 MIN (MAX)**

### INGREDIENTS

- 1/2 cup cooked rice (or minute rice if you're like me and burn the fancy kind)
- 2 tbsp extra-virgin olive oil, plus more for fancy drizzling
- 1 medium yellow onion, chopped (or red if you're feeling wild)
- 2 tbsp tomato paste
- 3 cloves of garlic, minced (more or less to taste)
- 1 lb ground pork (or beyond beef for my vegan friends)
- 1 (14.5-oz) can diced tomatoes
- 1 1/2 tsp dried oregano
- Kosher salt
- Black pepper
- Onion powder
- 6 bell peppers, tops and cores removed (whatever colour you like)
- 1 cup shredded your favourite cheese (I prefer whatever is on sale because I'm cheap)
- Freshly chopped parsley, for garnish (if you're feeling fancy)

### DIRECTIONS

1. Preheat oven to 375° Fahrenheit.
2. In a small saucepan, prepare rice according to package instructions.
3. In a large skillet over medium heat, heat up oil.

4. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until you start to smell that heavenly aroma. Then add ground pork (or beyond beef) and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes or so. Drain fat (ewww I know).
5. Return pork mixture to skillet, then stir in cooked rice and diced tomatoes. Season with oregano, salt, pepper and onion powder. Let simmer until liquid has reduced slightly, about 5 minutes.
6. Cut off the top of your peppers and remove the core. Place peppers cut side up in a 9" x 13" baking dish and then drizzle that oil on.
7. Spoon pork (or beyond beef) mixture into each pepper and top with cheese, then cover baking dish with foil.
8. Bake until peppers are fork tender, about 30 minutes.
9. Uncover and bake until cheese is bubbly, 10 minutes more.
10. Garnish with parsley before serving, again only if you're feeling fancy.



Source: [Delish.com](https://www.delish.com)