

# Stuffed Bell Peppers, *Adapted from Sara Welch, Dinner at the Zoo*

These stuffed bell peppers are filled with a mixture of Italian sausage, tomato sauce and orzo, then topped with cheese and baked to perfection. A classic dish that's comfort food at its finest!

## INGREDIENTS

- 6 bell peppers any color, or a combination of colors
- 2 teaspoons olive oil
- 1 Lb. Hot Italian Sausage
- 1/2 C Onion, finely chopped
- 1 T garlic, minced
- 2 C Orzo, cooked
- Salt and Pepper to taste
- Crushed Red Pepper Flakes to taste
- 2 C Homemade Marinara or a 15oz. can of Tomato Sauce
- 1/2 teaspoon Italian seasoning
- 3/4 C of mozzarella and parmesan cheeses, shredded
- 2 T Basil, chiffonade (thin ribbons)
- cooking spray

## INSTRUCTIONS

- Preheat the oven to 350 degrees F. Coat a large baking dish with cooking spray.
- Slice the tops off the peppers and remove the ribs and seeds inside.
- Place the peppers cut side down in the baking dish. Add 1 1/2 cups of water to the dish.
- Cover the dish with foil and bake for 25 minutes.
- While the peppers are cooking, prepare the filling. Heat the olive oil in a large pan over medium heat.
- Add the Italian sausage and cook for 5-6 minutes, breaking up the meat with a spatula, until meat is cooked through.
- Add the onion to the pan and cook for 3-4 minutes or until softened. Add the garlic and cook for 30 seconds.

- Add the cooked orzo, marinara (tomato sauce and Italian seasoning) and stir to combine. Stir in 1/4 cup of each of the cheeses and salt and pepper to taste.
- Remove the peppers from the oven and drain off the water. Turn the peppers over and fill each one with the sausage mixture.
- Top each pepper with the remaining cheeses. Cover and bake for 20 minutes. Uncover and bake for another 10 minutes or until cheese is melted and browned and peppers are tender.
- Sprinkle with basil, then serve.