



The Savory Super

By Scottie Hines, CGCS
Windsong Farm Golf Club



Stuffed Bell Peppers Stuffed Pepper Soup

This is another one of my favorite "dinner-into-soup-the-next-day" recipes as we approach cooler weather. This is also a great way to use some of those home grown peppers from the back yard garden.

What you will need:

2 pounds lean ground beef
6 green bell peppers
1 red bell pepper
1 white onion
1 cup white rice
Salt
Pepper
Assorted spices
32 oz. tomato puree
1 bottle favorite Bloody Mary mix



Cook rice to label directions and set aside to cool. Dice 1 white onion and 1 red bell pepper. Brown ground beef in large skillet, drain any fat or grease. Add diced onion, red pepper and a pinch of salt and pepper to meat, sauté until onions are clear.

In a separate container add the tomato puree and your favorite

Bloody Mary mix. Spice as needed with anything you desire. I like some Italian spices and a touch of liquid smoke. Stir vigorously.

Take the 6 bell peppers and cut the tops off, as close to the stem as possible, and save the tops. Clean the insides out of the peppers and rinse.

Add the rice to the meat in the skillet and stir until rice is evenly distributed through meat. Stuff the green pepper shells with the meat/rice mixture and place in a large cooking pot or crock pot. Put tops back on the peppers and gently add the tomato sauce mixture. Any leftover "stuffing" can be added to the pot to make the soup. The tomato sauce should cover the tops of the peppers.

Cook at 300 degrees for 2-3 hours. Check liquid level occasionally; add water if below level of peppers.

Serve warm!

Any leftovers can easily be turned into Stuffed Pepper Soup by crushing up remaining peppers/stuffing and thinning or adding to the tomato puree mixture. I like to add Campbell's Tomato Soup but more of the Bloody Mary mix can be used as well. Warm and serve.

Note: Green bell peppers tend to get a little bitter when cooked like this. If this is a concern, substitute red bell peppers. I also mix it up with some wild rice on occasion.

Enjoy!

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