



Stuffed Bell Peppers

Ingredients:

- ¼ cup Each of White, Brown, and Wild Rice
- 6 Medium Bell Peppers (2 Yellow, 2 Red, 2 Green)
- 1 lb. [New York Style Sausage \(Mild, Hot, or Turkey\)](#)
 - 1 Small Onion (chopped fine)
 - 4 Garlic Cloves (crushed)
- ½ lb. Fresh Small Mushrooms (chopped small)
 - ⅓ cup Fresh Parsley (chopped fine)
 - ½ cup Chopped Walnuts
 - ½ cup Grated Romano Cheese
 - ¼ teaspoon Salt
- ¼ teaspoon Ground Black Pepper
- ½ teaspoon Dried Oregano
- ½ teaspoon Dried Basil
- 2 Eggs (beaten)
- 1 tablespoon Olive Oil

Procedure:

Prepare rices and set aside. Preheat oven to 350°. Wash and clean bell peppers. Slice off the tops (approx. ½ inch) and clean insides thoroughly. Remove sausage from casing and saute in a large frying pan over medium heat until crumbled and lightly browned. Using a slotted spoon, transfer sausage to a bowl and set aside to cool. Saute onion, garlic, mushrooms and parsley in remaining drippings until soft. Add walnuts and saute for 2 minutes. Add vegetable mixture and cheese to sausage, stir together and add cooked rice. Add salt, pepper, oregano, basil and beaten eggs. Combine well. Stuff bell pepper with the sausage mixture. Rub the exterior of the peppers with additional olive oil, place in a baking pan, cover loosely with foil and bake for 1 - 1 ½ hours, or until peppers are tender. Makes 6 servings.

Note: Serve peppers “New York Style” with your favorite pasta sauce and Romano cheese.

