



## STUFFED PEPPERS

### Ingredients:

- 4 large or 5 small Red Bell Peppers
- 1 lb. Ground Beef, Lamb, Pork or Turkey (I used Prather Ranch organic grass-fed beef)
- 1 medium Onion, chopped
- 2 cups Cooked Rice
- 3 tbsp. Robert Lambert Preserved Meyer Lemon or Preserved Rangour Lime, chopped
- 1 15 oz. can Tomato Sauce
- 12 oz. V-8 Juice
- 1/2 cup Stock
- 2 tbsp. Dry Sherry
- Oakdale Cheese Aged Gouda for Grating

Towering heaps of brilliantly colored peppers make late summer a visual feast at my Farmer's Markets these days, and I can't resist making this dish more than once. A simple propane torch removes the skin and omits the traditional par-boiling step, which softens but leaches flavor, and does nothing about that skin.

### Directions:

1 Blacken the pepper skins and rinse off under running water. Cut out the stems and remove seeds and ribs, stand in a covered casserole.

2 Saute meat til cooked through, remove to a bowl, drain fat and saute onion. Add to meat with rice and Preserved Lemon.

3 Combine the last 4 ingredients and bring to a boil in the sautee pan, reduce 3 minutes to thicken. Add 1/2 cup of this to the rice mixture, then stuff the peppers. Pour the rest of the sauce over and around them. Cover and bake in a 350\* oven 45 minutes, uncover, grate cheese over the tops, and bake for another 15 minutes.

Serve in a pool of the sauce.