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healthy recipes from our farm to your family

Stargazer Perennials Farm and Nursery, Summerville Oregon

Stuffed Bell Peppers Oregon Style

A fresh new updated version of a down-home classic! We cook this delicious healthy and nutritious recipe using fresh peppers, spinach and cilantro from our country garden. Rather than the standard long grain rice typically found in stuffed bell peppers, we use Orzo, a tender rice shaped pasta that has a delicate butter flavor. You cook Orzo just as you would standard rice and you can find it in the grocery store in the pasta section.

Preheat oven to 350 degrees

- 4 large red or yellow bell peppers
- 2 cups chicken stock
- 1/2 cup Orzo
- 2 spicy Italian sausages, casings removed
- 3 tablespoon organic virgin olive oil
- 1 white onion, chopped
- 1/4 cup sun-dried tomatoes, chopped and drained
- 1 cup fresh spinach, chopped
- 1/2 teaspoon celery seed
- 1 Jalapeno pepper, roasted peeled, seeded and chopped
- 1/2 cup fresh cilantro, chopped
- Sea Salt and Pepper to taste
- 1/4 cup grated Parmesan cheese

Cut the tops off of the bell peppers and discard seeds. Rub bell peppers with 1 tablespoon of olive oil coating both the inside and the outer skin. Set aside in a baking dish. Bring 1 1/2 cups of chicken stock to a boil (reserve remaining 1/2 cup of chicken stock for later use), add Orzo, cover and simmer for 20 minutes without removing lid during the cooking time. In a large skillet over medium-high heat, break up sausage into small pieces. Saute until browned, draining any excess oil when completely cooked. Add organic olive oil, onion, diced chili, spinach, sun-dried tomatoes, celery seed, cilantro, Orzo and remaining chicken stock. Cook until heated and liquid is absorbed. Remove from heat and salt and pepper to taste. Stuff peppers with rice mixture and place back in the baking dish. Sprinkle tops with Parmesan cheese. Add 1/2 cup boiling water to the dish and bake at 350 degrees for 30-35 minutes or until the cheese is melted and the peppers are hot. Serve immediately with a side of sour cream.

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