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“Garden Peppers Stuffed with Meat” from *The Inglewood Cookbook* [TX 652 .C37 no. 136]

## **Original Recipe:**

The sweet peppers form one of the nicest receptacles for the use of cold meats - beef, mutton, chicken, or turkey. Chop the meat fine, mix with an equal quantity of cold boiled rice or bread crumbs, add a few tomatoes (with the seeds removed) chopped fine, and also 1 chopped onion and a little salt. Remove the tops and seeds from the peppers, scald and wash them, fill with the meat mixture, stand in a baking dish, add  $\frac{1}{2}$  cup of stock, or water and a little butter, and bake in a slow oven one hour, basting frequently. - *Sister J.F. Thomas, Inglewood, Cal.*

## **Modified Recipe:**

1 lb sausage or other ground meat  
4-6 Bell peppers, chopped fine  
1 onion, chopped fine  
2-3 garlic cloves, sliced or chopped fine  
Spinach (optional)  
1 tsp Italian Seasoning  
1 28-32 oz can diced tomatoes  
1 tsp basil

Brown the onion, garlic, and peppers in a pan with a little salt and pepper. Add meat and brown. Once browned, drain and return to pan. Add in diced tomatoes, Italian seasoning and basil. Simmer over low heat for one hour. If adding spinach, put in and simmer for a few minutes until it wilts. Serve over rice, rigatoni or other favorite macaroni (pasta.)