



## Stuffed Peppers

### Supplies

chef's knife  
large skillet  
measuring cups and spoons  
spatula  
mixing spoon  
pastry/basting brush  
baking sheet

### Ingredients

3 tablespoons extra virgin olive oil  
1 cup diced zucchini  
1/2 cup diced onion  
1/2 cup diced cubanelle pepper  
1/2 pound ground beef  
1 teaspoon celery seed  
2 teaspoons garlic powder  
8 oz cream cheese  
1 tablespoon basil  
1 tablespoon oregano  
1 tablespoon hot sauce  
1/4 cup bread crumbs  
4-5 bell peppers

### Directions

Add olive oil to a large skillet and warm to medium-high heat. Once heated, add in the zucchini, onions and cubanelle peppers and sauté for 8 minutes. Then, add ground beef, celery seed, and garlic and cook until beef is browned. Add cream cheese and stir until melted. Take skillet off heat and stir in the basil, oregano, hot sauce and bread crumbs.

Preheat oven to 400 degrees F.

Brush a little olive oil on the outside of the bell peppers. Stuff peppers with mixture and bake for 15 minutes.

*Note: If you cannot find cubanelle peppers in your local market, try any pepper you like, mild or spicy. You can also stuff other peppers instead of bell peppers. Pictured above is four stuffed bell pepper peppers and one stuff cubanelle cut lengthwise.*

*Adapted from Dwain Matelski stuffed peppers recipe.  
<http://www.foodnetwork.com/recipes/stuffed-peppers-recipe4.html>*