

# Stuffed Peppers

Our gourmet Stuffed Peppers recipe is bursting with flavor. Not only is this meal the perfect size for single servings, but it's also filling and nutritious. NESCO's 6 Qt. Roaster Oven infuses peppers with the savory stuffing. You can make this recipe up to two days ahead by filling peppers and storing them in the fridge to cook later.

## Your Key Ingredient:

[NESCO 6 Qt. Roaster Oven](#)

## Grocery Ingredients:

1 pound sausage meat  
1 medium onion, chopped  
3 stalks celery, diced  
2 cups hot water  
2 cubes chicken bouillon  
1 cup brown rice  
8 ½ oz can Lima Beans (optional)  
10oz can cream of chicken soup  
1 tsp poultry seasoning  
1/2 tsp pepper

## Instructions:

1. In cookwell, brown sausage at 350° F. Drain off grease.
2. Lower temperature to 200° F. Add onions and celery. Stir until soft.
3. Add hot water, bouillon, and rice and cook 3/4 hour.
4. Add soup and Lima Beans. Add seasonings to taste.
5. Set aside stuffing in a large bowl.
6. Prepare 4 large green peppers. Slice top off each pepper. Remove stem and seeds. Fill each pepper with mixture

above.

7. Place stuffed peppers on rack in cookwell of **NESCO® 6 Qt. Roaster Oven**. Add 1/4 cup hot water. Cook for 1  $\frac{1}{2}$  hours or until tender at 200° F.
8. Note: To cut fat, use turkey, low-fat sausage, non-fat soup, and brown rice. Serves 4. This recipe was submitted by Luella Smith who lives in Dalzell, South Carolina.