



Jack-o-Lantern Stuffed Peppers

Yields: 5 servings

Prep time: 20 min

Cook time: 1 hr

INGREDIENTS:

- 5 orange bell peppers
- 1 tablespoon of olive oil
- 1 small white onion - finely chopped
- 1 cup of celery - chopped
- 1 pound of ground beef skillet mix
(or ground beef mixed with 1 teaspoon of steak seasoning)
- 1 teaspoon of minced garlic
- 1 ½ cup of cooked white rice
- 1 cup of chicken broth
- 1 (15 ounce) can of petite diced tomatoes
- 1 cup of shredded Monterrey Jack cheese
- Salt and pepper to taste

TOOLS:

- [Chantal Ceramic Medium Rectangular Baker \(3 ¼ Qt.\)](#)
- [Chantal Induction 21 Steel Fry Pan with Ceramic Coating \(10 In.\)](#)
- Small knife or X-acto knife





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PROCESS:

1. Heat oven to 350° F. Cut the tops of the bell peppers off and remove seeds from inside. Be sure to keep the tops. Cut the Jack-o-Lantern faces into the flattest surface on the peppers. You might need to draw the face on first before cutting. (Be sure not to cut all the way through the pepper.)
2. Add ½ tablespoon of olive oil into the coated pan. Heat oil over medium-high heat. Then add in onion, celery, and minced garlic. Sauté for 5 minutes.
3. Add in ground beef and cook until browned.
4. Drain the beef and return to pan. Drain the tomatoes and add into the pan along with ½ cup of chicken broth and the cooked rice.
5. Add in ¾ cup of the shredded cheese and stir until incorporated.
6. Arrange the peppers standing up in the baker. Drizzle olive oil into each of the peppers and season with salt and pepper.
7. Fill each of the peppers with the beef and rice mixture. Sprinkle cheese on top of each pepper and then put the tops back on.
8. Pour the other ½ cup of chicken broth into the baker, around the peppers. Cover with foil and place in oven for 45 minutes.
9. Remove foil from baker and cook in oven for another 15 minutes. Remove from oven and enjoy.

Happy Halloween!!