

# Stuffed Bell Peppers with Meat

Traditional Turkish stuffed bell peppers filled with seasoned ground beef, rice, and herbs. A hearty main dish perfect for family dinners.

15 min

PREP

35 min

COOK

50 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 0.7 lb ground beef
- 2 tbsp rice
- 2 onion
- 3 tomato
- 8 sprig parsley
- 2 tsp salt
- 0.25 tsp black pepper
- 1.1 lb bell pepper

## Instructions

### 1 Prepare the bell peppers

Preheat oven to 375°F (190°C). Cut the tops off 1.1 lb bell peppers about ½ inch from the top and set tops aside. Remove all seeds and white membranes from inside the peppers, keeping the walls intact.

### 2 Make the filling

Combine 0.7 lb ground beef, 2 finely diced onions, 3 diced tomatoes, 2 tbsp uncooked rice, 8 sprigs chopped fresh parsley, 2 tsp salt, and ¼ tsp black pepper in a large bowl. Mix thoroughly with your hands until all ingredients are evenly distributed.

### 3 Stuff each pepper about ¾ full with the meat mixture, leaving room at the top for the rice to expand during cooking. Place the reserved pepper tops back on as lids.

### 4 Cook the stuffed peppers

Stand the stuffed peppers upright in a heavy-bottomed pot or Dutch oven. Pour boiling water around the

peppers until it reaches halfway up their sides.

- 5 Bring the water to a boil over medium-high heat, then reduce heat to low to maintain a gentle simmer. Cover the pot and cook for 30-35 minutes, until the peppers are tender when gently pressed and the filling is cooked through.
- 6 Remove from heat and let the peppers rest in the cooking liquid for 5 minutes. Serve hot, spooning some of the cooking liquid around each pepper on the plate.

## Tips

Choose peppers that are roughly the same size to ensure even cooking times and uniform presentation on your table.

Don't pack the filling too tightly - the rice will expand during cooking and needs room to absorb the flavorful liquids.

Save the pepper tops and use them as natural lids during cooking to help steam the filling and prevent moisture loss.

Test doneness by gently pressing the pepper walls - they should yield slightly but still hold their shape without splitting.

Let the peppers rest for 5-10 minutes after cooking to allow the filling to set and make serving easier.

Use a heavy-bottomed pot or Dutch oven to prevent hot spots that could cause uneven cooking or burnt bottoms.

If the cooking liquid evaporates too quickly, add hot water or broth gradually to maintain the gentle simmering environment.

For extra flavor, add a bay leaf or a few peppercorns to the cooking liquid for subtle aromatic depth.