

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	35	50	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Stuffed Bell Peppers with Meat

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

- 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.
- 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.
- 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.**
- 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.
- 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.**
- 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.