

Stuffed Peppers
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Time: 1-1/4 hours

Servings: 6 to 8

Ingredients

4 large, red orange or yellow bell peppers
2 tablespoons olive oil
1 cup finely chopped fennel bulb (about 1/2 a small bulb) or celery
1 cup finely chopped yellow onion (about 1 small)
3 garlic cloves, minced
1 teaspoon dried oregano
1/2 teaspoon red-pepper flakes
1 pound ground beef (at least 15% fat), turkey chicken or pork
3/4 cup dry white wine, chicken broth or vegetable broth
1 (14-ounce) can diced fire-roasted tomatoes
1-1/2 teaspoons kosher salt, plus more to taste
1/2 teaspoon black pepper, plus more to taste
1 cup cooked white or brown rice
1/4 cup grated Parmesan
2 tablespoons minced fresh parsley, plus more for serving (optional)
1 cup shredded mozzarella, provolone or other semi-firm cheese

Preparation

1. Heat the oven to 400 degrees. Cut the pepper in half lengthwise and carefully remove core, seeds and ribs using a paring knife. Arrange the peppers, cut-side up, in a 9-by-13-inch pan or other baking dish in which they fit snugly.
2. In a large (12-inch) skillet, heat the olive oil over medium. Add the fennel and onions and cook, stirring occasionally, until tender, 6 to 8 minutes. Stir in the garlic, oregano and red-pepper flakes and cook until the garlic is fragrant, about 1 minute.
3. Add the beef and cook, breaking up the meat with a wooden spoon, for 3 to 5 minutes, until no longer pink.
4. Add 1/2 cup wine, increase the heat to medium-high and cook, scraping bottom of pan, until the liquid in the pan is reduced by about half.
5. Add the tomatoes and their juices, salt and pepper, and bring to a boil. Remove from heat and stir in the rice, Parmesan and parsley if using. Taste and adjust seasonings.
6. Divide the mixture among the peppers. Pour the remaining 1/4 cup wine into the bottom of the dish.
7. Wrap tightly with foil and bake for 35 to 40 minutes, until a paring knife easily pierces the peppers.
8. Remove the foil and spoon any juices that have accumulated in the bottom of the pan onto the peppers.
9. Sprinkle the mozzarella evenly onto the peppers and bake another 10 to 15 minutes, until the mozzarella is melted and beginning to brown. Allow the peppers to cool for 5 minutes, sprinkle with parsley, if using and serve hot.