

Meat-Stuffed Peppers  
Peperoni Imbottit  
“Lidia’s Italian-American Kitchen,”  
Lidia Matticchio Bastianich  
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Servings: 4  
Prep time: 20 minutes  
Cook Time: 50 to 60 minutes

### **Ingredients**

1/3 cup Arborio rice  
Salt  
8 cubanella or banana peppers, each about 6-inches long  
3 tablespoons extra-virgin olive oil  
1 medium yellow onion, chopped (about 1 cup)  
8 ounces of ground meat (see note below)  
1 large egg  
1/3 cup grated Parmigiano-Reggiano cheese  
3 tablespoons chopped Italian parsley  
2 teaspoons chopped fresh oregano  
3 cups (or as needed) tomato sauce

### **Preparation**

Cook the Arborio rice in a large saucepan of salted water until al dente, about 12 minutes. Drain and cool to room temperature.

While the rice is cooking, preheat the oven to 400 degrees, prepare the peppers, and start the filling. Cut the stems from the peppers and scrape out the seeds and membranes with a teaspoon. Heat 2 tablespoons of the olive oil in a small skillet over medium heat. Stir in the onion and cook, stirring until wilted, about 4 minutes. Scrape the onion into a mixing bowl, add the ground meat, egg, grated cheese, parsley, oregano, and cooked rice, and stir together until evenly blended.

Divide the filling among the peppers, using about ¼ cup to fill each pepper loosely. Rub the outside of the peppers lightly with the remaining tablespoon of olive oil,

placing them in a baking dish as you do so. Roast the peppers, turning once or twice with tongs, until softened and lightly browned in spots, about 20 minutes.

Pour in enough of the tomato sauce barely to cover the peppers. Cover the dish with foil and bake until the peppers are tender and the filling is cooked through, 30 to 40 minutes. Remove and let stand 10 minutes before serving.

From Lidia - "A mix of ground beef, pork and veal is best but that might not be practical. Try at least to use a blend of ground pork and beefy, but failing that all ground beef or pork will do."

Donna's Note - I used Pat LaFrieda's ground beef blend of chuck, brisket and short rib. Pat LaFrieda makes a meatball blend with beef, pork and veal, however, my local ShopRite, which carries Pat LaFrieda meat, was out of stock.