

# *Fay's Stuffed Peppers:*

## Ingredients:

*4 x Large Capsicums*

*1 kg Mince*

*1 x Large Onion*

*2 x Cloves Garlic*

*1-1½ Cups of Cooked Rice*

*1 x Grated Carrot*

*1 x Grated Zucchini*

*2 x Bacon Rashers*

*Tomato Paste*

*Salt and Pepper*

## Method:

- Cut top off capsicums and remove seeds and veins.
- Cook onions, garlic, mince and bacon in fry pan, until browned.
- Add rice and vegetables, season to taste.
- Spoon mixture into capsicums and place in deep casserole dish.
- Drizzle tomato paste (or puree) over capsicums ensuring there is sufficient to cover at least 1/4 of each capsicum.
- Cook in moderate oven for approx. 30-45 minutes, with lid on.



## Notes:

1. You may prefer to use less mince and more rice and vegetables like celery, mushrooms, peas.
2. I use homemade tomato puree/paste, but a bottle of **Bertolli sugo** tomato cooking sauce would probably be an acceptable substitute.
3. The quantity of filling required depends on the size of the capsicum.
4. A beaten egg may be used to bind the mixture, but I don't bother.