

## Stuffed Bell Peppers with Habanero Barbeque Sauce

- 6 green or red bell peppers
- Salt
- Extra-virgin olive oil
- 1 medium yellow onion, peeled and chopped
- 1 clove of garlic, peeled and chopped
- 1 lb of lean ground beef or ground turkey
- 1 ½ cup of cooked rice (brown alright) or ¾ cup of raw instant rice
- 1 cup chopped tomatoes, fresh or canned
- 1 Tbsp chopped fresh oregano or 1 tsp of dried oregano
- Fresh ground pepper
- 3 Tbsp Black Swamp Gourmet™ Habanero Barbeque Sauce
- ½ scant cup of ketchup
- ½ tsp of Worcestershire Sauce

1. Bring a large pot of water to a boil over high heat. Meanwhile, cut top off peppers 1 inch from the stem end, and remove seeds. Add several generous pinches of salt to boiling water, then add peppers and boil, using a spoon to keep peppers completely submerged, until brilliant green (or red if red peppers) and their flesh slightly softened, about 3 minutes. Drain and set aside to cool.

2. Preheat oven to 350 degrees F. Heat 1-2 Tbsp of the oil in a large skillet over medium heat. Add onions and garlic, and cook, stirring often, until soft and translucent, about 5 minutes. Remove skillet from heat, add meat, rice, tomatoes, oregano, 2 Tbsp Black Swamp Gourmet™ Habanero Barbeque Sauce and season all with salt and pepper. Mix well.

3. Arrange peppers, cut side up in a baking dish, then stuff peppers with filling. Combine ketchup, Worcestershire sauce, add 1 Tbsp barbeque sauce to ketchup (to make full ½ cup), and ¼ cup water in a small bowl, and then spoon over filling. Add ¼ cup of water to the baking dish. Place in oven and bake for 40-50 minutes (or longer, depending on how big the peppers are that you are stuffing), until internal temperature of the stuffed pepper is 150-160 degrees.

Serves 6

Add more barbeque sauce to taste at serving time!!

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