

Greek-Style Stuffed Peppers

From – *foodnetwork.com*

1 pound lean ground beef
1 bag spinach-steamed to wilt and squeezed dry
2 cups coarsely grated zucchini
1 cup minced onion
½ cup bulghur
1 egg – lightly beaten
½ tsp dried oregano
½ tsp salt
freshly ground black pepper
3 red bell peppers-halved lengthwise cores and ribs removed
2 (14 ½ oz) cans low-sodium stewed tomatoes – finely chopped
1/3 cup crumbled feta cheese

- Preheat oven to 350F.
- In a large bowl combine the beef, spinach, zucchini, onion, bulghur, egg, oregano, salt and few grinds of pepper. Mix until thoroughly combined.
- Arrange the pepper halves cut side up on a 9X13 baking dish and fill each with the meat mixture.
- Pour the tomatoes over the peppers and sprinkle with the feta cheese.
- Cover with foil and bake for 30 minutes.
- Uncover and bake until the meat mixture is completely cooked and the peppers are tender, about 25 minutes longer.



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