

## Stuffed Peppers di Capri

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**Servings: 6**

*Peperoni Ripieni alla Caprese*

**6 large red, green or yellow bell peppers**  
**8 ounces fresh mushrooms, finely chopped**  
**1 onion, finely chopped**  
**1/4 cup fresh parsley, finely chopped**  
**2 tablespoons olive oil**  
**1 pound lean ground veal, pork or beef**  
**1 cup cooked rice**  
**1/3 cup freshly ground Parmesan or Romano cheese**  
**1/4 cup fine dry breadcrumbs**  
**1 egg, slightly beaten**  
**1 jar (26 oz) Sun dried tomato pasta sauce**  
**Salt and pepper**

Preheat oven to 350 degrees.

Cut tops off peppers and set aside. Remove the seeds and membrane of each pepper.

In small saucepan, over medium heat, cook mushrooms, onions and parsley in oil until tender. Remove from heat.

Combine cooked mushroom mixture with ground meat, rice, cheese, bread crumbs, egg and 1/4 cup pasta sauce. Season with salt and pepper.

Spread remaining pasta sauce in 13x9-inch baking dish. Fill peppers with meat mixture and replace tops. Place peppers in prepared baking dish.

Cover; bake about 1 hour or until peppers are tender and meat is fully cooked.

Serve peppers topped with sauce

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Per Serving (excluding unknown items): 127 Calories; 6g Fat (41.1% calories from fat); 3g Protein; 15g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 54mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.