

Stuffed Sweet Green Peppers

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*sweet peppers
onions
butter
carrots
salt
tomato juice
sugar (optional)*

Select and wash well-shaped green sweet peppers. Cut out the stem and remove the seeds.

Grate or shred enough carrots to fill the peppers. Cook them in a little water, slightly salted, for about one hour. Add some sugar if the carrots are not sweet enough.

Slice one or two onions for each pepper. Fry in butter until nicely browned.

Preheat the oven to 350 degrees.

In a bowl, mix the cooked carrots and fried onions. Fill the mixture into the pepper shells. Stand the filled peppers side-by-side in a roaster or covered baking dish.

Bake until the peppers change color.

Pour tomato juice or ketchup over all.

Heat once more.

Pack the peppers into sterilized canning jars with a spoon to keep them unbroken.

Fill any empty space with tomato juice.

Seal the jars. Keep in a hot oven for a while to make sterilization sure.

Reheat before serving.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .