



Stuffed Bell Peppers

► Fresh from the Farm Alabama Recipes

We hope you enjoy **Stuffed Bell Peppers!**

This recipe and more from farmers around the state are also available in Extension publication FCS-2112, *Fresh from the Farm Alabama Recipes*, a great place to find new ways to use an abundance of fresh produce. The most important thing to remember when trying these recipes, which are farmer favorites, is to buy fresh and buy local! Support our farmers and support our communities.

John Hall, Clarke County

Preparation time: 60 minutes

Cooking time: 45 minutes



Ingredients

- 3 to 4 dozen bell peppers
- 6 chicken leg quarters, skinned, cooked, deboned, chopped
- 4 to 5 pounds cooked ground beef
- 1½ to 2 pounds cooked pork sausage (or substitute chicken)
- 1 large onion, diced
- ¼ pound shredded cheese
- 1 sleeve saltine crackers, crushed
- 1½ cups oatmeal
- 3 tablespoons honey
- 1 teaspoon black pepper
- ¼ cup ketchup
- ¼ cup barbeque sauce

Preparation

Preheat oven to 375 degrees F. Core peppers and remove seeds. Add all ingredients to a large bowl and mix well. Stuff peppers tightly. Place on a baking dish lined with foil or sprayed with nonstick cooking spray. Bake 30 to 45 minutes. For safety, the stuffing should reach at least 165 degrees F. Uncooked peppers can be frozen for up to 3 months.

Kristin Woods, *Regional Extension Agent*, Food Safety, Preparation, and Preservation

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