

Italian Bolognese Stuffed Bell Peppers



Prep Time:
20 minutes



Total Time:
80-85 minutes



Serves:
4 to 5 people

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About the Recipe

Get ready for a delicious fusion of Italian Bolognese and stuffed bell peppers! This recipe uses the Italian Bolognese Blend No.14 from Spice Masters, adding a rich and flavourful touch to the dish. Perfect for a family dinner or a weekend treat, these stuffed bell peppers are sure to impress.



METHOD

1. Preheat the oven to 180°C (350°F).
2. Cut the tops off the bell peppers and remove the seeds and membranes. Set the peppers aside.
3. Heat the olive oil in a large pan over medium heat. Add the onions, garlic, carrots, and celery, and cook until softened about 5 minutes.
4. Add the minced beef to the pan, breaking it up with a wooden spoon. Cook until browned, about 5 minutes.
5. Stir in the Italian Bolognese Blend No.14, ensuring the meat and vegetables are well coated.
6. Add the chopped tomatoes and beef stock to the pan, and bring to a boil. Lower the heat and let the sauce simmer for 15 minutes, allowing the flavours to meld together. Season with salt and pepper to taste.
7. Stir in the cooked rice and mix well.
8. Stuff each bell pepper with the Bolognese and rice mixture, and place them in a baking dish.
9. Bake for 25-30 minutes, or until the peppers are tender.
10. Serve the stuffed bell peppers with a sprinkle of grated Parmesan cheese.

INGREDIENTS

- 5 large bell peppers, any colour
- 400g minced beef
- 1 large onion, finely chopped
- 2 cloves of garlic, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 400g tin of chopped tomatoes
- 150ml beef stock
- 2 tbsp Italian Bolognese Blend No.14
- 2 tbsp olive oil
- Salt and pepper, to taste
- 150g cooked rice
- Grated Parmesan cheese, for serving

