

Country Peppers

The first time Nana had this recipe, it was a gift from a friend. She quickly got the recipe and has used it for many years. She uses it to stuff yellow squash as well as bell peppers.

Ingredients

4 bell peppers
2 tablespoons olive oil
salt and pepper to taste



Stuffing

½ cup diced onion
1 tablespoon butter
1 pound of browned breakfast sausage
1 cup cooked rice
½ cup Cheese Whiz
1 cup grated cheese (cheddar or Colby Jack)

Instructions

- ❖ Cut peppers in half from top to bottom and remove stem and seed. Rub inside and outside with olive oil. Season with salt and pepper. Place on a hot grill for 2-3 minutes on each side. Set aside and make stuffing.
- ❖ In a heavy skillet over medium heat, sauté onions in butter until soft. Add remaining ingredients except for grated cheese. Stir and mix well.
- ❖ Stuff mixture into each grilled pepper, then place onto a 9x13 pan. Top each with grated cheese.
- ❖ Bake in a 400-degree Fahrenheit oven until cheese melts and peppers are heated through.