

Jazz in the Kitchen

Spicy Stuffed Bell Peppers

Inspired by the Classic Stuffed Peppers recipe from [The Cook's Illustrated Cookbook](#)

Ingredients:

1/2 cup brown rice
4 red or green bell peppers
1 yellow onion
3 cloves garlic, minced or pressed
1 lb sausage
1 cup shredded cheese (Monterey Jack, 'Mexican 4 cheese blend,' or Mozzarella)
7 oz diced, canned tomatoes (drain and reserve 1/4 cup of juice)
1 tablespoon chile powder
1 tablespoon smoked paprika
1 tablespoon brown sugar
1 teaspoon cumin
cayenne pepper to taste
salt and pepper
2 tablespoons tomato paste
olive oil
shredded cheese and breadcrumbs to sprinkle over top

Directions:

1. Cook rice according to directions on package. When done, set aside in large mixing bowl until later.
2. Prep peppers, cut off 1/2 inch and remove core, membrane and rinse out any remaining seeds. From piece removed from top, cut out stem, then chop up the remaining pepper pieces. Set aside.
3. Heat oven to 350 and grease shallow baking dish. Put a large pot of water on to boil, adding salt to the water. When water boils, cook peppers for three minutes. Remove to colander or plate covered in paper towel to drain.
4. Heat olive oil in large pan on stove top, saute onion until translucent. Add garlic and cook for 30 seconds to 1 minute, until fragrant but not browned. Add sausage to pan and cook, breaking up like ground beef as it cooks. When nearly done, add the leftover pepper pieces and cook until sausage is done and peppers are softened.
5. Add spices, tomatoes, cheese, and sausage/pepper mixture to the mixing bowl which holds the rice. Mix together. In small bowl, mix together reserved tomato juice and tomato paste.
6. Place drained peppers in greased baking dish. Stuff completely with filling. Pour tomato juice/paste mixture evenly over all peppers. Sprinkle lightly with cheese and breadcrumbs.
7. Bake at 350 for 25 to 30 minutes. When done, they will be browned on top and warm all the way through. Enjoy!