

# Stuffed Bell Peppers with Mushroom Sauce



I love all kinds of stuffed bell peppers. I usually use quinoa, bulgur...but today I decided to use some left-over rice that I had in the fridge. But feel free to substitute the rice for any grain of your preference. Instead of serving or cooking the bell peppers in tomato sauce or beef broth, I decided to top them with crimini mushroom sauce. It came out delicious...and since we could not finish it all, I got to take it for lunch the next day.

This is the kind of meal that you have all your need in one simple plate...the carbs, the protein and the veggies. These stuffed bell peppers are very simple to make and yet delicious.

## ***Ingredients:***

### *Stuffed Bell Peppers*

1lb ground beef  
2 roma tomatoes, seed removed and diced  
1 small onion finely chopped  
Fresh parsley  
1 cup cold cooked long grain rice  
 $\frac{1}{2}$  teaspoon all-spice  
Salt and pepper to taste  
3 bell peppers  
1 tablespoon olive oil  
1  $\frac{1}{2}$  cup water

### *Mushroom Sauce*

8oz sliced crimini mushroom  
1 tablespoon butter  
1 tablespoon olive oil  
 $\frac{1}{3}$  red wine  
1  $\frac{1}{4}$  cup beef broth  
1  $\frac{1}{2}$  tablespoon all-purpose flour  
Fresh parsley to taste/garnish





**Method:**

*Stuffed Bell Peppers*

In a big bowl mix the ground beef, tomato, onion, parsley, salt, pepper and all-spice. Add to the beef mix the cooked rice and mix gently until the ingredients are all even distributed.

Cut the bell peppers in half and remove the stem and the seed. Stuff each bell pepper with the beef mix.

In a wide frying pan, add the olive oil and place the stuffed peppers with the meat side towards the pan, let the meat brown for approximately 2-3 minute. Once the beef are brown and settled, flip the peppers and add the water. Cover and let the water boil in high heat. Once it starts to boil, turn the heat to medium/low and continue to cook for approximately 25 minutes, until the meat is cooked thoroughly. In the meantime prepare the mushroom sauce.

## *Mushroom Sauce*

In a pan, sauté the mushroom with the butter and olive oil until the mushrooms are slightly soft. Add the wine and let it simmer for approximately 5 minutes. Add 1 cup of the beef broth. Combine the  $\frac{1}{4}$  cup of beef broth with the flour until smooth. Add the flour mix to the mushrooms until well blended by stirring constantly. Add salt and pepper and simmer for about 1-2 minutes. Add the parsley and serve over the stuffed bell peppers.





I hope you enjoy this simple recipe for stuffed bell peppers with mushroom sauce.

If you like this recipe, you might want to check others simple recipes of stuffed bell peppers such as the one with turkey and bulgur or beef with quinoa out.

***Thank you for stopping by Simple Recipes and have a great week!***