

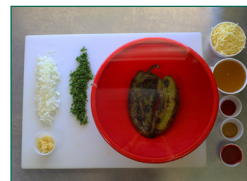
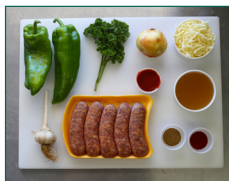


STUFFED ITALIAN FRIERS

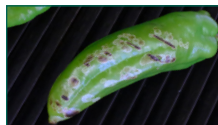
PREP TIME: 15min COOK TIME: 25min SERVINGS: 3-4

Ingredients

2-4	italian frying peppers	1/4 cup	tomato paste
1	onion	1 tsp	cumin
1 tbs	garlic	1 tsp	paprika
2 tbs	parsley	1 cup	chicken stock
5	italian sausages	1 cup	mozzarella cheese



- 1 preheat oven to 350°F
- 2 on high heat, grill italian frying peppers until each side blistered, and cover with plastic wrap in bowl; small dice onion, mince garlic, finely chop parsley, and peel and discard skin from sausages
- 3 in pot on medium high heat, sauté sausage for 6-7min or until browned; add onion and garlic for about 5min or until soft and fragrant; stir in tomato paste, cumin, paprika, and chicken stock; cook until most liquid is cooked off; and mix in half the cheese and parsley
- 4 remove skin from peppers, cut a slit from top to bottom, remove pith and seeds, carefully spoon stuffing into peppers, place in deep baking pan, top with cheese and parsley, and bake for about 7min



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