



Southern Style Stuffed Bell Peppers

Prep time: 25 minutes

Cook time: 1 hour 30 minutes

Serves 12

Ingredients

- 1 Tbsp canola oil
- 1 small onion diced fine
- 1 stalk celery, chopped
- 1 small green pepper chopped
- 2 cloves garlic, minced
- 2 Tbsp fresh parsley, chopped
- $\frac{1}{4}$ tsp cyan pepper
- 1 tsp file powder or you can use 1 teaspoon poultry seasoning.
- Salt and ground pepper to tastes .
- 1 $\frac{1}{2}$ lbs lean ground beef
- $\frac{3}{4}$ lbs cooked ham chopped fine
- 1 lbs baby shrimp
- 16 oz unseasoned dry bread stuffing mix
- 6 large bell peppers
- 1 cup plain bread crumbs

Directions

- Preheat oven to 325 degrees
- Heat oil in a large pot. Sauté onion, celery, and chopped green peppers for about 5 minutes. Stir in garlic and sauté for 2 minutes. Season with cyan, file powder, salt and pepper.
- Add ground beef. Cook until beef is evenly browned. Stir in ham and cook for 5 minutes. Add shrimp, and cook for 2 minutes. Remove from heat and stir in stuffing mix.
- Stuff each pepper half, and lightly sprinkle with bread crumbs. Place stuffed bell peppers halves in a ungreased baking dish. Bake in pre-heated oven for 1 hr.

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