



Lamb and Rice Stuffed Peppers

READY IN



185 min.

SERVINGS



4

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce tomato sauce canned
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 small sprigs rosemary fresh leaves picked finely chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 cup goat cheese crumbled
- ☐ 12 ounces lamb
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup plus 2 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped

- ☐ 2 sprigs oregano dried fresh leaves picked chopped
- ☐ 1.3 cups orzo pasta
- ☐ 2 mild frying peppers chopped
- ☐ 4 large bell peppers red
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups water

Equipment

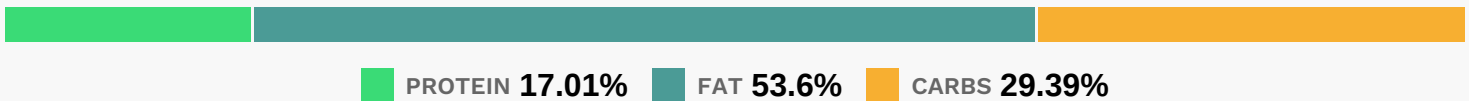
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Remove the tops from the peppers and scoop out the seeds and ribs. Carefully trim the bottoms if necessary to make peppers stand straight when upright.
- ☐ Place a steamer rack over a few inches of boiling water, or set a colander over a couple of inches boiling water in a large stock pot.
- ☐ Place the peppers in the steamer and cover. Steam 10 minutes, and remove to a baking dish or casserole.
- ☐ Heat 1 tablespoon butter in a saucepot with a tight-fitting lid over medium heat.
- ☐ Add the orzo and brown lightly, and then add 1/2 the garlic and stir. After 30 seconds stir in the water. Bring to a boil, and then reduce heat to a simmer, cover and cook 15 minutes.
- ☐ Spread the orzo onto a baking sheet and cool.
- ☐ Place the ground lamb in a bowl and add the cooled orzo. Season with 1/2 the marjoram, the rosemary, 2 tablespoons parsley, and season with salt, and pepper. Overstuff the peppers with the filling.

- ☐ Drizzle about 1/4 cup extra-virgin olive oil over the peppers, pouring about 1 tablespoon over top of each. Arrange the peppers in a casserole or small baking dish and roast 50 minutes to 1 hour, until crispy at the edges and cooked through.
- ☐ Meanwhile, heat the remaining 2 tablespoons extra-virgin olive oil in a saucepot over medium-high heat.
- ☐ Add the onions, cubanelle peppers, remaining garlic, remaining marjoram, and saute until soft.
- ☐ Add the tomato sauce, and season with salt, and pepper.
- ☐ Cool the peppers and sauce for a make-ahead meal or serve immediately.
- ☐ Add 1/2 cup water to the baking dish, and place in a heated 375 degree F oven, covered until warmed throughout, about 30 minutes. Uncover and let the water evaporate, and crisp the top, 20 minutes more. Reheat the sauce over medium-low heat to heat through.
- ☐ Serve the peppers hot with sauce over top, or in a puddle underneath the peppers. Top with crumbled feta.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:20.54, Inflammation Score:-10, Nutrition Score:45.083043461261%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.91mg, Apigenin: 8.91mg, Apigenin: 8.91mg, Apigenin: 8.91mg Luteolin: 3.88mg, Luteolin: 3.88mg, Luteolin: 3.88mg, Luteolin: 3.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 826.91kcal (41.35%), Fat: 50.21g (77.25%), Saturated Fat: 20.98g (131.1%), Carbohydrates: 61.93g (20.64%), Net Carbohydrates: 52.25g (19%), Sugar: 18.36g (20.4%), Cholesterol: 95.72mg (31.91%), Sodium: 1221.33mg (53.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Vitamin C: 279.98mg (339.37%), Vitamin A: 7251.37IU (145.03%), Vitamin K: 98.46µg (93.77%), Selenium: 49.06µg (70.08%), Vitamin B6: 1.19mg (59.53%), Vitamin E: 8.06mg (53.72%), Manganese: 1.07mg (53.44%), Vitamin B3: 10.08mg (50.38%), Phosphorus: 490.66mg (49.07%), Copper: 0.98mg (48.9%), Vitamin B2: 0.72mg (42.56%), Potassium: 1425.31mg (40.72%), Fiber: 9.68g (38.72%), Folate: 142.04µg (35.51%), Iron: 6.29mg (34.94%), Vitamin B12: 2.08µg (34.64%), Zinc: 5.14mg (34.3%), Magnesium: 114.43mg (28.61%), Vitamin B1: 0.37mg (24.45%), Vitamin B5: 2.41mg (24.06%), Calcium: 170.76mg

(17.08%), Vitamin D: 0.36µg (2.43%)