



## Fiesta Bell Peppers Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>80</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/4 cup onion, chopped
- 300 g pork, ground
- 1 cup carrot, chopped
- 150 g singkamas
- 1 cup rice, cooked
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 1/4 tsp salt
- 1 Tbsp soy sauce
- 1/4 tsp pepper, black
- 1 cup cheese, grated
- 8 pc bell pepper, each piece cut into 2, seeds and membranes removed
- 1/4 tsp salt

### Preparation:

1. Preheat oven to 350°F.
2. Sauté garlic, onion, and pork. Add vegetables. Cook for 5 minutes. Add rice, DEL MONTE Original Style Tomato Sauce, salt, soy sauce and pepper. Cook for 5 minutes. Add half of cheese. Set aside.
3. Grease baking tray enough for bell peppers. Sprinkle bell peppers with salt. Bake for 12 minutes. Fill each bell pepper with 1/4 cup of sautéed mixture.
4. Bake for another 20 minutes. Top with cheese. Bake for another 10 minutes.

### Chef's Tip

To prepare the bell peppers, remove the white membrane on the inside. These will add a bitter taste to the dish.

### Lusog Notes

This recipe is high in vitamin A that helps maintain healthy skin and vitamin C which aids in wound healing and helps resist infections.

### Cooking Skills Needed

- Sautéing

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon

- Spatula

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