



Fiesta Bell Peppers Recipe

Preparation Time	10
Cooking Time	80
Serving Size	8

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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