



Cooking time: 45 minutes prep, 2 hours mostly inactive, checking in every 20 minutes or so
Serves 8 (1/2 large pepper for each person)

for the sauce

6 large tomatoes
1 garlic clove, thinly sliced
1 spicy pepper, such as Thai
3 sprigs of fresh basil
1 tablespoon dried oregano
1 bay leaf
salt to taste
parmesan rind, optional

for the peppers

1 lb of Italian Sausage, mild or hot
4 large peppers
1 sweet onion, diced
1 zucchini, diced
1 eggplant, diced
1/2 head of napa cabbage, sliced into 1-inch strips
1 cup of rice
1/4 cup of olive oil
salt to taste

Peppers Stuffed with Summer Vegetables, Rice, and Hot Italian Sausage

Note from Chérie: This dish is best served alongside a fresh loaf of Italian bread, with a bowl of olive oil combined with dried rosemary, oregano, thyme, and a good heap of flaky salt.

for the sauce

Heat a bit of olive oil in a large sauté pan over medium heat and cook sliced garlic for about 8 minutes. Meanwhile, blanch the tomatoes and let them cool in an ice-water bath. Peel their skins, core, roughly chop, and place them along with their juice into the pan of hot garlic oil.

Add herbs, pepper, a few pinches of salt, and optional parmesan rind. Stir to combine. Your tomatoes should be juicy, but if the pan needs a bit more liquid, add about 1/4 cup of water. Bring to a simmer.

Check every 20 minutes or so, tasting, seasoning, and breaking up the tomatoes with a wooden spoon along the way. When the sauce looks, smells, and tastes good (an hour or so under a steady simmer) remove pepper and basil stems, pour the sauce into a bowl, and set aside.

for the peppers

Cook 1 cup of rice and set aside. Preheat the oven to 350 degrees.

3 sprigs of fresh parsley, *optional*

In a large sauté pan, warm 2 tablespoons of olive oil over medium heat. Once warm, add onion and a pinch of salt, and cook for a minute or two before adding the eggplant. Cook, stirring occasionally for around 5 minutes until they begin to soften.

Add zucchini, another tablespoon or two of olive oil, and another pinch of salt. Cook for a minute or two before adding the cabbage. Let the vegetables cook down to the point that you can scrape some of the brown bits that have accumulated at the bottom of the pan with their juice (about 10-12 minutes). Salt to taste and set to the side.

Combine cooked rice, vegetables, raw sausage, and optional chopped parsley in a large mixing bowl. Wash, dry, and carefully cut around the top of each pepper and remove its seeds and pith.

Stuff each pepper with the rice, vegetable, and sausage mixture. Place their caps back on, pour your sauce into a Dutch oven, cover with tin foil, and bake for around 1 hour, checking in around the 50-minute mark. The peppers will be done once their skins have just started to shrivel. You want the peppers to be soft but not collapse completely.

SOURCE: THESAVORY.SUBSTACK.COM