



CONVIVIVUM
URBAN FARMSTEAD

Reheating Instructions:

If reheating the entire casserole, place in the oven at 350 degrees F for 35-40 minutes, or until it is 165 degrees in the center (or hot all the way through).

It can also be portioned out cold and then reheated in the microwave as individual portions. **DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.**

Stuffed Pepper Casserole

INGREDIENTS

- 1 Tablespoon olive oil
- 3/4 pound ground beef or pork, browned first on stovetop
- 1 small onion, diced
- 2 cloves garlic, minced (or sub with 1 tablespoon garlic powder)
- 1 green bell pepper, diced
- ½ cup corn
- ½ cup chopped mushroom
- 1 (14.5) cans diced tomatoes (or use a combination of fresh tomatoes and salsa)
- 1 cup minute rice
- 2 cups broth (chicken, beef, or veggie)
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup shredded Mozzarella cheese

INSTRUCTIONS

1. Preheat the oven to 375 F. Spray a large casserole dish (9x13 inch) with nonstick cooking spray.
2. Cook the ground beef and onion in a sauté pan over medium heat until meat is browned.
3. Add all of the ingredients – except the shredded cheese – into the casserole dish and mix together with a large spoon making sure that everything is well mixed and submerged in liquid
4. Assembly order: rice, beef, peppers, corn, mushrooms, tomato, spices, salsa, broth.
5. Then cover with aluminum foil and bake for about 50 minutes.
6. Uncover and top with shredded cheese. Bake uncovered, for an additional 10 minutes.
7. Once fully cooked, let rest for 10 minutes before serving. Enjoy!

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