

Tried and True
Recipes from the Fine Folks at:
Deejay's Smoke Pit Forums

<http://www.deejayssmokepit.net/>



DeejayDebi - Connecticut

Deejay's Smoked
Stuffed Green or Red Peppers



- 6 blocky bell peppers red or green
- 3 pounds of ground beef 80 to 85%
- 1 cup of uncooked rice or 1/2 pack of Ritz crackers
- 1 large onion diced fine
- 1 egg
- 1/2 cup yellow mustard
- 1/2 cup ketchup
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Cajun spice
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1 cup water

Wash the peppers and slice the top off about 1 inch from the top. Pop our
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stem trying not to break the top. Cut out seeds and membrane. Rinse out with water. Tuck top back onto pepper so they don't get mixed up.

Mix it all ingredients together well and stuff into corners of pepper first then finish filling pepper making a little mount on top. Screw top back on and line up the pepper so it looks whole again with a little ball of meat popping out the whole - this help hold the top on. Squirt a little dollop of ketchup on the meat that sticks out the stem whole to keep it from drying out.