# GRANNY PLANTS

## Cook-Once Stuffed Green Peppers

a scalable freezer-stash dinner for weeknights all winter

Base recipe below makes 2 servings (1 whole pepper, halved). Multiply everything by however many pepper halves your harvest gives you — this scales cleanly from 2 up to 15+.

### You'll need, per pepper (2 servings):

- 1 large green bell pepper, halved lengthwise and seeded
- 1/2 lb ground beef (or venison, or ground turkey)
- 1/3 cup cooked rice
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1/2 cup tomato sauce (or diced tomatoes)
- 1/2 tsp Italian seasoning or paprika
- 1/4 tsp salt
- 1/8 tsp black pepper
- 2 tbsp shredded cheese, for topping (optional)

Save the pepper tops! Dice and freeze them separately for pizza toppings or a winter omelet.

# How to make it

1. **Prep the peppers.**
   Halve each pepper lengthwise through the stem and scoop out the seeds and ribs. Arrange cut-side up in a baking dish or two, snug enough that they hold each other upright.

2. **Brown the filling.**
   In a skillet over medium heat, brown the ground beef with the onion and garlic until the meat is cooked through and the onion is soft. Drain excess fat if needed.

3. **Season the filling.**
   Stir in the rice, tomato sauce, Italian seasoning, salt, and pepper. Simmer 2-3 minutes until combined and heated through.

4. **Stuff the peppers.**
   Spoon the filling into each pepper half, mounding it generously on top — it will settle a bit as it bakes.

5. **Bake.**
   Cover with foil and bake at 375°F for 25 minutes. Uncover, top with cheese if using, and bake 10-15 minutes more, until the peppers are tender and the tops are golden.

6. **Cool and portion.**
   Let the peppers cool completely on the counter before freezing — this keeps ice crystals from forming inside. Once cool, they're ready to portion for the freezer or serve right away.

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## Granny's notes:

Freezer method: bake fully, cool, then freeze in individual containers for weeknight-sized portions. Reheat covered at 350°F for 30-35 min from frozen, or thawed and microwaved 2-3 minutes.
Prefer to freeze unbaked? Stuff, skip baking, wrap tightly, and freeze raw — bake from frozen at 375°F for 60-70 minutes covered, then uncover to finish.
Label everything with the date before it goes in the freezer — future you will thank present you.