



Stuffed Bell Peppers. Also called "Dolma"

Ingredients:

10 PAM PAK Green, Red, or Yellow Bell Peppers
(Also great with Baby Bells, and Sweet Mini Peppers)
1 lb. Lean ground beef
1/2 lb. Ground lamb. If you do not like lamb use all beef instead.
1 cup uncooked white rice
1 medium onion finely chopped
2 stalks celery finely chopped
1 can diced tomato
2 lemons
1/2 cup chopped parsley
Salt
Pepper
Garlic salt
1/2 cup tomato sauce
1/2 cup plain yogurt

Have fun and use red, yellow or green bell peppers. Mini bells and baby bells work great also. Cut off top of bell peppers, remove seeds, and salt and pepper the inside of each one. Set aside.

Mix ground meats, white rice, onion, celery, basil, diced tomatoes, yogurt, parsley, juice of 1 lemon and add salt, pepper and garlic salt to your taste. Mix well.

Fill each bell pepper with meat mixture and place in large deep casserole.

Mix 1/2 cup tomato sauce and 1 cup water with the juice of 1 more lemon and pour over bell peppers. Cover casserole and bake at moderate heat, 350 degrees. Bake approximately 1 ½ hours or until rice is completely done. Grandma always said, when the rice was done the meat was done.

Good luck and enjoy.

(From the Secret Family Recipe Collection of Barbara Baloian)