



Sexy & Hot Red Pepper Stuffed with Ham & Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 large red bell peppers
- 2 cups boiling water
- 1 bowl cooked rice
- 1 egg
- 1/2 medium onion, finely chopped
- 1 tbsp butter or margarine
- 2 pcs cooked ham, diced
- dried parsley, salt & black pepper to taste

Instructions

1. Cut peppers into half (2 equal parts). Remove seeds and white membrane.
2. Cook peppers in 2 cups of boiling water for 4 minutes. Drain and reserve liquid.
3. Stir onion in butter until onion is tender. Add ham, rice, parsley, salt & black pepper. Finally add in egg.
4. Fill pepper halves with rice mixture.
5. Put the filled pepper on rack in saucepan with the reserved liquid just now at the bottom. Cover & simmer over low heat for 15 to 20 minutes.
6. Smear some black pepper & parsley on top. Serve hot.

Serves 1 - 2.