

# STUFFED BELL PEPPERS

By: Natalie Koopmann, Koopmann Ranch

## INGREDIENTS

- **6-8 whole** Bell Peppers
- **2 tbsp.** Olive Oil
- **16 oz.** Ground Beef
- **1 package** of Taco Seasoning
- **1 whole** Medium Onion, **Diced**
- **3 cloves** of Garlic, **Minced**
- **1 whole** Large Zucchini, **Diced**
- **2 whole** Roma Tomatoes, **Diced**
- **1 c.** Cooked Brown Rice
- **2 c.** Pepper Jack Cheese, **Divided**
- **Salt And Pepper**, to Taste

## DIRECTIONS

- Preheat the oven to 350 degrees F.
- Cut the tops off of the peppers. Remove and discard the stems; then finely chop the tops, and set aside. Scoop out the seeds and as much of the membrane as you can.
- Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the beef, season with taco seasoning and cook, breaking up the lumps until the meat is cooked through. Remove from the skillet and place in a bowl
- Add a little more olive oil to the pan. Add the onions and chopped peppers and cook until vegetables begin to soften, 3 to 4 minutes. Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and pepper. Cook until everything is heated through; then stir in the beef and rice. Taste and adjust the seasoning as needed. Stir in 1 1/2 cups of the cheese. Allow the mixture to cool.
- Place the peppers cut-side up in a baking dish just large enough to hold them upright. Fill the peppers with the rice mixture and top each with a sprinkle of the remaining 1/2 cup cheese. Pour a small amount of water into the bottom of the baking dish. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes.



VIRTUAL RANCH TOURS: RALEY'S O-N-E MARKET

# BEEFY CREAM SHELLS

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## INGREDIENTS

- **8 oz.** Medium Pasta Shells
- **1 tbsp.** Olive Oil
- **1 1/2 lbs** ground beef
- **1/2** Medium Yellow Onion, **Diced**
- **2** Cloves Garlic, **Minced**
- **1 1/2 tsp.** Italian Seasoning
- **2 tbsp.** All-Purpose Flour
- **2 c.** Beef Stock
- **1 (15-ounce) can** Tomato Sauce
- **3/4 c.** Heavy Cream
- **1 1/2 cups** Shredded Extra-Sharp Cheddar Cheese
- **Salt & Pepper,** to Taste

## DIRECTIONS

- In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
- Heat olive oil in a large skillet over medium-high heat. Add ground beef and cook until browned, add salt and pepper to taste (about 3-5 minutes), making sure to crumble the beef as it cooks; drain excess fat. Set aside.
- Add onion to the skillet and cook, stirring frequently, until translucent, about 2-3 minutes. Stir in garlic and Italian seasoning until fragrant, about 1 minute.
- Whisk in flour until lightly browned, about 1 minute.
- Gradually whisk in beef stock and tomato sauce. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 6-8 minutes.
- Stir in pasta, beef and heavy cream until heated through, about 1-2 minutes; season with salt and pepper, to taste. Stir in cheese until melted, about 2 minutes.
- Serve immediately.



VIRTUAL RANCH TOURS: RALEY'S O-N-E MARKET