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| **Sausage Stuffed Peppers! Sent out on 9/26/2017 by Catawba Fresh Market** |
| |  |  | | --- | --- | | http://files.constantcontact.com/4f0bdf48401/41039329-ead9-4176-b2b4-3973259e4f73.jpg | https://imgssl.constantcontact.com/letters/images/sys/S.gif | | https://imgssl.constantcontact.com/letters/images/sys/S.gif | https://imgssl.constantcontact.com/letters/images/sys/S.gif |   We thought it would be fun to share a recipe with you all this week! This features many different things that can be found and purchased at the market including [sausage](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRmWzezcM72enrscwe7dCsW2RhPXvUdTGfv3BSw1jRrr2eU4wY8V8GtgENCFUtoXH9c7IiMx57MwySVsdX2W4gYhLMPiJ44-5FvxVWobvfY1m4yZ4txMYPJk-5FQ-3D-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=U21ovOruwy0UkqVbnpqWo1gBDyQlQsG_aMBIgrvls1k&e=) (in many different flavors), peppers (great [bell peppers](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRSTQKz64xp03hhlbO1cZApYSiAaPosaSoERGAa4HzgwMkmdTgmei5YZhOdw6yuhR02BU7BdKoHi1ZFTQ3wZAB-5FZEnZx-2DrbZM3qqix93qY1LjDAnqUMIgk1g-3D-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=5pI-7XMk9MAcgqUlvLjDSPueoeuYENftlHeqLjIe654&e=) as well as a few [varieties](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRSTQKz64xp03hhlbO1cZApYSiAaPosaSoERGAa4HzgwMkmdTgmei5YZhOdw6yuhR02BU7BdKoHi1ZFTQ3wZAB-5FZEnZx-2DrbZM3qqix93qY1LjDAnqUMIgk1g-3D-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=5pI-7XMk9MAcgqUlvLjDSPueoeuYENftlHeqLjIe654&e=) to spice up your dish), [onions](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgR-5FZS9BkFq3G8Jf8R1QQexJU-5F2bHCuBso0XrgA-5F0RwaDS7IHNAhRaab6dV4kRlO7Bxl6x0hTJ8Gqsb4KsvckQIykn3ia4ND-5FDO5SyCRbzyxfhRfGn0Atkb04ceJedfLZ9WN92p9NHenq2iyCVleBnXZzyoBZ56SqD6EdPKWUifoPJdAOTIpVbc4a5uGhEuk6g2-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=lMFbFi6JWE7gWVlyxwIvb7TweAESf_1ARHTjd1-BlkQ&e=), [garlic](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgR2A-2D3Vhy0OR2Md2ZsY1mgEdZmrZKqQX9oSz0xzH3h2JOuklzjmkBF13ipF15JNdo5oPr8CTC3tf7H-2DKX9IkbSGKWimIDeUVNtgdYlzJi5zg8i8WjynioNjRDOX51spmjO517TkfIBpR0nsNZXAMRjIelYQ2bhVCtHJThesagn82o5Q-2D-2DX-5Ff-2D-2DEBbh4MhFaLC5lr2uvocUsXb-5FXMsNf0cOLg-3D-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=y0964gZShIOgUc9GVj9NZAjyqgWm0yY9ZJwX__FKwRM&e=), [tomatoes](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRlGDWuAx29hPZFNXH9nWzls2Y5bE8pK8KOQe-2D-5FkRbIOIfFajs2cJVPj52DjjVxTxn-2DdLpxmShleA84k-5FBN3T9WcypBHDVQqbLG-2DRagwa6j8oMEtsBc0XuA4Gl0RqO2YxxTKgPUYbH0uL-5FE4VpFT24mcmQWNSxYoLpVyMMlsJTh9hAFqX-5FnAnphEzKSrSvT2sTYHfghHVuWek-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=F7OBTdh6lWMZ_P-af9q6z4NiWqvsFOi8YqVw-BtybLc&e=), and even fresh [herbs](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRm3Ht-5Fxyd9T-5FbWZL6sxyR7w3xXRtLuwDs2NXyYrQbI0-5FsjXKD9RTMrLzEZZ9l-2D4O4YxEUrsbJKTyEi5e5jk6mtaEMljfloirYUwxqDIxjo13qCb1azm7YAWqt08MFQAae-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=W0lwU5HBB3NEVtFnwVMagnH9-9Q6TQZY8mwacFMjR7w&e=)!    4 [bell peppers](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRSTQKz64xp03hhlbO1cZApYSiAaPosaSoERGAa4HzgwMkmdTgmei5YZhOdw6yuhR02BU7BdKoHi1ZFTQ3wZAB-5FZEnZx-2DrbZM3qqix93qY1LjDAnqUMIgk1g-3D-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=5pI-7XMk9MAcgqUlvLjDSPueoeuYENftlHeqLjIe654&e=), tops cut off and cleaned out  1 lb [sausage](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRmWzezcM72enrscwe7dCsW2RhPXvUdTGfv3BSw1jRrr2eU4wY8V8GtgENCFUtoXH9c7IiMx57MwySVsdX2W4gYhLMPiJ44-5FvxVWobvfY1m4yZ4txMYPJk-5FQ-3D-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=U21ovOruwy0UkqVbnpqWo1gBDyQlQsG_aMBIgrvls1k&e=), crumbled or sliced  1/2 cup chopped [onion](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgR-5FZS9BkFq3G8Jf8R1QQexJU-5F2bHCuBso0XrgA-5F0RwaDS7IHNAhRaab6dV4kRlO7Bxl6x0hTJ8Gqsb4KsvckQIykn3ia4ND-5FDO5SyCRbzyxfhRfGn0Atkb04ceJedfLZ9WN92p9NHenq2iyCVleBnXZzyoBZ56SqD6EdPKWUifoPJdAOTIpVbc4a5uGhEuk6g2-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=lMFbFi6JWE7gWVlyxwIvb7TweAESf_1ARHTjd1-BlkQ&e=)  2 [garlic cloves](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgR2A-2D3Vhy0OR2Md2ZsY1mgEdZmrZKqQX9oSz0xzH3h2JOuklzjmkBF13ipF15JNdo5oPr8CTC3tf7H-2DKX9IkbSGKWimIDeUVNtgdYlzJi5zg8i8WjynioNjRDOX51spmjO517TkfIBpR0nsNZXAMRjIelYQ2bhVCtHJThesagn82o5Q-2D-2DX-5Ff-2D-2DEBbh4MhFaLC5lr2uvocUsXb-5FXMsNf0cOLg-3D-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=y0964gZShIOgUc9GVj9NZAjyqgWm0yY9ZJwX__FKwRM&e=), minced  14 oz diced [tomatoes](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRlGDWuAx29hPZFNXH9nWzls2Y5bE8pK8KOQe-2D-5FkRbIOIfFajs2cJVPj52DjjVxTxn-2DdLpxmShleA84k-5FBN3T9WcypBHDVQqbLG-2DRagwa6j8oMEtsBc0XuA4Gl0RqO2YxxTKgPUYbH0uL-5FE4VpFT24mcmQWNSxYoLpVyMMlsJTh9hAFqX-5FnAnphEzKSrSvT2sTYHfghHVuWek-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=F7OBTdh6lWMZ_P-af9q6z4NiWqvsFOi8YqVw-BtybLc&e=)  1 cup cooked rice  1 tablespoon chopped [basil](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001RlTFxrxUcTdGrXJ2gHIVsTH4saB4eD-2Diha9hPMl0R-2Dv1g9r-2DptNn-5F40rSXn8OZgRSDlYWJKEzixHUeiFtp45r9Cbvo6ISBQ-2DMLBeVfgux3HESazz2z5X91FjjPvdTg3sCIBclktiwKg6oPjr4g5LmzakV3fGPEU35VsM9iapnu6QG0B8XOYWEQt-2DXBarThpy2UHsSFbgpHiHexPGnLZhu77Di2-5FdLoOFjgA9gI-5Fas107Yb-5FvqCX62t8Mzyh5KXd4-5FOk8hOj8Izg-3D-26c-3DGAWPGq-5FBZpQfccwppEHBqdO0hkwyIOhZFIIhYbf-5F-2DPaNKtk7KNanUg-3D-3D-26ch-3DcUQUkbwqGwGrT8Vuo3Nhp6YGdz97ATQgrv-2D182XuH65Gs-2DBCFoCxeQ-3D-3D&d=DwMGaQ&c=Ngd-ta5yRYsqeUsEDgxhcqsYYY1Xs5ogLxWPA_2Wlc4&r=VWfz6VGQFbiNTXiq6W-NiWJMVvWKGQ7_hVc1b_KVPa8&m=D7d-sVWTqtmoN4CCff4qHMDg4lafkoP2S6LIF-K3rr0&s=NxttLdSjAKiaT0FgKJTPrRkany2CdYBlUb2okLM5spY&e=)  salt and pepper to taste  1 cup shredded mozzarella cheese     1. Saute sausage and onion until thoroughly cooked. Add garlic and saute 2-3 minutes. 2. Stir in tomatoes and basil and simmer for 5 minutes. Stir in rice and season with salt and pepper. 3. Boil peppers to precook for about 3 minutes or until tender. Remove and transfer to ice water to cool and stop the cooking process. Dry after cool. 4. Stuff sausage mixture into peppers and place on lightly greased pan. Sprinkle with mozzarella cheese. 5. Bake at 350 degrees for about 30 minutes or until peppers are tender. 6. Enjoy! |