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Peppers Stuffed With Mirliton, Shrimp, and Turkey Sausage

Prep Time: 10 mins

Cook Time: 1 h 30 mins

Rest Time: 30 mins

Total Time: 1 h 40 mins

Ingredients

- ❖ 3 medium mirlitons
- ❖ 4 large pepper(s), green, bell
- ❖ 4 ounce(s) sausage, bulk turkey, uncooked
- ❖ 1/3 cup(s) celery, chopped
- ❖ 1/3 cup(s) onion(s), finely chopped
- ❖ 1/4 cup(s) pepper(s), red, bell, chopped
- ❖ 1/4 cup(s) scallion(s) (green onions), sliced
- ❖ 1 clove(s) garlic, minced
- ❖ 1 tablespoon oil, cooking
- ❖ 12 ounce(s) shrimp, peeled and deveined
- ❖ 1 cup(s) bread crumbs, soft
- ❖ 1 tablespoon parsley
- ❖ 1/2 teaspoon salt
- ❖ 1/4 teaspoon pepper, cayenne



Preparation

1. In a covered Dutch oven, cook mirlitons in a large amount of boiling water for 45 to 60 minutes or until very tender. Drain; cool. Peel and halve mirlitons; discard seeds. Transfer to a medium bowl; mash with fork. Transfer mashed mirlitons to a strainer over a medium bowl; allow to drain for 30 minutes.
2. Meanwhile, halve the whole sweet peppers lengthwise; remove seeds and membranes. Place in large amount of boiling water in a Dutch oven for 3 minutes. Drain and set aside.
3. Preheat oven to 350°F. In a large skillet, cook turkey sausage until browned; remove from skillet. In the same skillet, cook celery, finely chopped onion, chopped sweet pepper, green onions, and garlic in hot oil until tender. Stir in mashed mirliton until well mixed; cook about 5 minutes or until liquid is evaporated. Add turkey sausage, shrimp, 3/4 cup of the bread crumbs, the parsley, salt, and cayenne pepper. Divide mixture among sweet pepper halves.
4. Place stuffed peppers in an ungreased 15x10x1-inch baking pan; sprinkle with remaining 1/4 cup bread crumbs. Bake, uncovered, for 15 to 20 minutes or until heated through and bread crumbs are browned.