

Stuffed Peppers

Take ripe bell peppers, remove stem ends, seeds and ribs. Boil for ten minutes. Make a savory stuffing from remnants of chopped meat or poultry, one small onion chopped fine, salt to taste and left-over gravy or rich white sauce. Fill this dressing into the drained peppers and bake in a hot oven for twenty minutes. Serve with the following sauce: Melt in a pan one tablespoonful of butter, add one tablespoonful of flour and when thoroughly blended, stir in one cupful of chopped fresh tomatoes or canned ones. Cook until thick and season with salt and nutmeg.