



Peppers Stuffed with Cheese

Source: *An early Kraft-MacLaren Cheese Company booklet published in Canada during the 1920s.*

Prep Time: 20 minutes

Bake Time: Approximately 20 minutes

Yield: Serves 4-6



Recipe Description

This simple vintage recipe comes from a Canadian cheese booklet published during the 1920s. Filled with grated cheese, breadcrumbs, onion, and seasonings, these stuffed peppers reflect a practical style of home cooking that would continue to serve families through the Great Depression and the Second World War. A comforting reminder that simple ingredients often make memorable meals.

Ingredients

- 6 green bell peppers
- 2 cups grated cheese
- 1 ½ cup breadcrumbs
- 1 small onion, grated
- 2 tablespoons melted butter
- Salt, to taste
- Pepper, to taste
- Additional grated cheese for topping

LIBK Note

I used a mixture of soft and toasted breadcrumbs and added a little extra cheese to the filling. The original recipe was adapted slightly to suit modern ingredients and personal taste.

Directions

1. Wash the peppers and remove the tops and seeds.
2. Bring a large pot of water to a boil. Parboil the peppers for 2 minutes, then drain well.
3. In a mixing bowl, combine the grated cheese, breadcrumbs, grated onion, melted butter, salt, and pepper.
4. Fill each pepper with the cheese mixture and place upright in a greased baking dish.
5. Sprinkle the tops with additional grated cheese.
6. Bake at 350°F for approximately 20 minutes, or until the peppers are heated through and the cheese is lightly browned.
7. Serve hot.

Notes

- This recipe comes from a Canadian cheese booklet dating to the 1920s.
- Although published between the First World War and the Great Depression, its practical approach to cooking would have remained familiar in wartime kitchens during the 1940s.
- Green peppers were used in my version, but other sweet peppers may also be used.
- The filling can easily be adjusted with herbs or additional seasonings to suit modern tastes.

Serve with buttered vegetables, a simple salad, or a bowl of homemade soup.

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