

RECIPE FOR

Stuffed Peppers

NAME OF DISH

FROM THE KITCHEN OF

Living in Sugar

INGREDIENTS

SERVES 4

PREP TIME 15 minutes

TOTAL TIME 45 minutes

OVEN TEMP 425F

4 Large Bell Peppers
1 LB Ground Beef
3 C. Cooked rice
1/2 C. Salsa
1 Can Diced tomatoes w/ green chili
1/2 C. Onion
1/2 C. Carrot
1/2 C. Chicken Stock
1 T Olive Oil
2 T Chili Powder
1 T Chopped Garlic
1 T Cumin
1 t. Red Pepper
1 t. coriander
2 t. salt
1 C. Shredded Cheese

DIRECTIONS

- Heat oil over medium-high heat in a large skillet
- Add onion & carrot & cook until soft
- Add ground beef & cook until almost done
- Add spices & stir to combine, follow with rice
- Add salsa, tomatoes & chilis & ½ cup of stock, stir to combine
- Cook until rice absorbs the moisture & mixture is almost dry
- Prep peppers by removing the tops & seeds; place in an 8x8 pan
- Fill peppers with mixture & place in oven for 15-20 minutes or until peppers are soft.
- Turn on broiler & top peppers with cheese
- Broil cheese until melted
- Serve with favorite toppings
- Leftovers can be kept in air tight containers for up to 3 days in the refrigerator.