

Southwest Stuffed Peppers

Stuffed peppers make a satisfying meal layered with flavor. Use a variety of colorful peppers for the most beautiful presentation. For a higher fiber, lower glycemic more nutrient-dense option than white rice, stuff the peppers with quinoa, brown rice and/or riced cauliflower.

Prep time: 50 minutes

Serves: 4

Ingredients

- 4 large red, yellow, and/or orange bell peppers, halved, cored and blanched* for 2 minutes in boiling water
- 1-2 tablespoons avocado oil
- ½ medium yellow onion, diced
- 1 pound ground chicken, turkey, or 90% lean grass-fed beef
- 1 ½ teaspoons chili powder seasoning
- 1 teaspoon ground cumin
- 3-4 cloves garlic, minced
- ½ teaspoon sea salt
- ¼ teaspoon red pepper flakes or more to taste
- 1 (15-ounce) can crushed fire-roasted tomatoes with juices
- 1 cup cooked brown rice, quinoa, or cauliflower rice
- 1 cup shredded pepperjack cheese

Steps

1. Preheat your oven to 375 degrees F. Lightly coat a 9 x 13-inch baking dish with nonstick spray. Slice larger bell peppers in half from top to bottom or just around the top for smaller peppers. Remove the seeds and membranes. Using tongs, submerge peppers in large pot of boiling water for two minutes. Carefully remove peppers from water and drain. Arrange peppers cut side up in the prepared baking dish.
2. Heat the avocado oil in a large, nonstick skillet over medium high heat. Add the onion, ground chicken, turkey, or beef, chili powder, cumin, garlic, salt, and red pepper flakes. Cook, breaking apart the meat, until the meat is browned and cooked through, about 5-6 minutes. Pour in the can of fire-roasted tomatoes with their juices. Let simmer for 2-3 minutes.
3. Remove the pan from the heat. Stir in the rice or quinoa and ½ cup of pepperjack cheese. Mound the filling inside of the peppers, then sprinkle with the remaining ½ cup pepperjack.
4. Pour a bit of water into the pan with the peppers—just enough to barely cover the bottom of the pan. Bake uncovered for 30 to 35 minutes, until the peppers are tender and the cheese is melted. Serve hot.

Vegetarian variation: omit meat in step 2 and stir in 1 (15-oz) can black beans, drained and rinsed.