

Stuffed Peppers

These stuffed peppers are one of my favorite things to make when I have a lot of vegetables I want to use up. I used peppers, carrots, squash, onions, garlic and tomatoes in these but you can really add whatever you like. I went with more of an Italian flavor with oregano, basil, mozzarella and parmesan cheese or you could opt for a Mexican dish with beans and cheddar cheese. If you want more carbs, you can add some type of grain such as rice, couscous, quinoa etc. They are fairly hard to mess up ☺ and are so versatile. They also keep well for a couple days if you have leftovers. Caleb loved the filling with extra cheese!



Ingredients:

- 4 bell peppers (any color works fine)
- 1-2 tbsp. olive oil
- 3 cloves of garlic
- 1 lb. ground meat (turkey, bison, chicken)
- 1 small onion, chopped
- ½ zucchini
- ½ c. shredded carrots
- 1 pint low sugar tomato sauce
- Dried oregano
- Dried basil
- Dried parsley
- Red pepper flakes
- Sea salt
- Pepper
- Cooking spray
- Optional add-ins: brown rice or other type of grain (quinoa, orzo etc.), cheese

*Please note that amounts of spices are not given. The spice level is a personal preference and there are so many variations. Be creative.

Directions: Preheat boiler. Clean and cut peppers length wise and remove seeds. Place pepper halves in shallow baking dish, cut side down and spray with cooking spray. Broil peppers about 5 min on each side or until starting to blacken slightly. Remove from oven. Reduce oven temperature to 350 degrees. Meanwhile heat a sauté pan on medium to high heat. Add oil. Sauté onion and garlic until slightly soft. Add meat and cook until no longer pink. Add zucchini, carrot, cooking for 2 to 3 minutes. Add tomato sauce and mix thoroughly. Add desired salt, pepper spices, making sure to taste test as you go. Stuff each pepper half with meat and vegetable mixture. Bake 15-20 minutes or until heated throughout. Top with cheese, if using, last 5 minutes of baking.

