

Stuffed Peppers Supreme	
Ingredients	Instructions
<ul style="list-style-type: none"> • 3-4 large ripe bell peppers (any color), halved from top to bottom, tops and seeds removed • 1 cup cooked rice (or quinoa, any grain will do) • 1lb ground beef, (or pork, or black beans for vegetarian) • 1 medium yellow onion, finely diced (any type will do) • 3 garlic cloved, finely diced • 1 can tomato sauce (8oz) • ½ tsp cumin • 1 ½ tsp chili powder • ¼ tsp oregano • 1 tsp salt, (more salt to sprinkle, salt and pepper, to taste) • ½ tsp baking soda • 1 ½ - 2 cups shredded cheese (Monterey Jack or cheddar, any will do) • 3 tbsp olive oil 	<ol style="list-style-type: none"> 1. Preheat Oven: Pre-heat oven to 425°F (220°C) and place oven rack to the middle position. 2. Prepare Filling: In a bowl mix and mash ground meat, salt and baking soda. Let stand 20 minutes. 3. Bake: Place peppers into a baking dish cut side up, drizzle with a tablespoon of olive oil and a light sprinkle of salt. Roast until slightly browned and crisp yet tender, (about 20-25 minutes). There will be a small amount of liquid at the bottom of each pepper when finished. 4. Cook Filling: In a skillet, heat 2 tablespoons olive oil and sauté onions until soft and translucent, (about 4-6 minutes). Next add garlic, cook until fragrant, (about 1 minute). Add ground meat, season with cumin, oregano, and chili powder, cook breaking up into small pieces until meat is browned and almost cooked through, (about 5-8 minutes). Then add tomatoes sauce, bring to boil; then reduce heat to medium-low, continue cooking uncovered until meat is cooked through, (about 2-3 minutes). Remove skillet from heat, stir in rice and ¾ cup of cheese. 5. Stuff Peppers: Fill each pepper with the mixture and top with the remaining cheese. 6. Bake: Return to oven and roast until cheese is melted and bubbling (about 10-15 minutes). 7. Serve: Serve hot.