



Stuffed Peppers

Prep Time: 10 minutes Cook: 40 minutes Portions: 8

Ingredients:

- 📍 4 large bell peppers any mix of colors
- 1 pound ground beef, ground turkey or ground chicken (or make switch out for beans!)
- 📍 1 small yellow onion diced
- 📍 2 teaspoons Italian seasoning
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 2 cups roughly torn fresh spinach
- 1 (15-ounce) can fire-roasted diced tomatoes with juices
- 1 cup cooked brown rice, farro, quinoa, cauliflower rice, or orzo (if using orzo, undercook it slightly)
- ½ cup shredded sharp cheddar cheese
- ½ cup shredded pepper jack cheese or additional cheddar

Directions:

1. Wash all fresh produce.
2. Preheat your oven to 375°F. Lightly coat a 9×13-inch baking dish with nonstick spray. Slice the bell peppers in half from top to bottom down through the stem. Remove the seeds and membranes, then arrange cut side up in the prepared baking dish.
3. Heat deep, wide skillet over medium-high. Add the beef and onion. With a wooden spoon or spatula, break the meat into small pieces. Cook and stir until the meat is browned and fully cooked and the onion is tender, about 7 minutes. Drain off any excess fat.

4. Stir in the Italian seasoning, cumin, garlic powder, salt, and pepper. Let cook for 30 seconds.
5. Stir in the spinach a few handfuls at a time, cooking until it wilts down; this will take between 1 and 2 minutes.
6. Pour in the can of diced tomatoes along with the juices. Let simmer for 1 minute.
7. Remove the pan from the heat. Stir in the rice (or your grain of choice), 1/4 cup of the cheddar, and 1/4 cup of the pepper jack. Taste and add additional salt and/or pepper as desired.
8. With a spoon, mound the filling inside the peppers, then top with the remaining cheeses. The peppers will be very full.
9. Pour a bit of water into the pan with the peppers—just enough to scantily cover the bottom of the pan. (be careful not to pour it into the peppers themselves).
10. Bake the stuffed peppers uncovered for 30 to 35 minutes, or until the peppers are tender and the cheese is melted.

Toppings: Top with parsley or cilantro, greek yogurt, avocado

