

Halloween Stuffed Peppers

Peppers are one of our favourite ingredients, and this timely recipe is a delicious and cute, protein packed meal that even picky eaters will enjoy.

Makes: 4- 6 servings, Prep Time: 15 minutes, Cooking Time: 40 minutes



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You'll need:

- 6 large bell peppers, different colors
- 1 Tbsp olive oil
- 1 yellow onion, diced
- 3-4 fresh garlic cloves, minced
- 1.5 lbs ground chicken or turkey
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp cayenne
- sea salt and black pepper, 1/4 tsp each
- 2 cups cooked brown rice
- 14 oz. black beans, drained and rinsed
- 1 cup fresh or frozen organic corn
- 1 (15oz.) jar organic tomato sauce
- 1 cup cheddar Jack cheese, shredded

To make them:

1. Carefully slice the tops off of the peppers and remove the ribs and seeds inside.
2. Carve a jack-o-lantern type face on the side of each bell pepper. Don't make it too big or all the stuffing will fall out.
3. Place your carved bell peppers into a baking dish, together with their tops. Lightly spray them with cooking oil and sprinkle with sea salt and pepper.
4. Preheat your oven to 375 degrees f, then bake for 12-15 minutes, until peppers soften.
5. Meanwhile, heat oil in a large skillet over medium heat. Add in onion, garlic and the remaining chopped pieces of your bell peppers, then sauté for a few minutes.
6. Stir in the meat and cook until browned, crumbling it with a wooden spoon as it cooks. Sprinkle in all seasonings, then stir in the rice, beans, corn and tomato sauce. Simmer until the liquid has reduced, about 10 minutes. Stir well to combine.
7. Carefully spoon stuffing into each pepper and top with shredded cheese.
8. Return your baking dish to the preheated oven for an additional 10-12 minutes.

Enjoy! Past recipes of the week are posted at our website www.HealthyNow.ca

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