

## Stuffed Bell Peppers – 6 peppers

<https://www.eminencenutrition.com/stuffed-bell-peppers>



### Ingredients:

- 6 Sweet bell peppers
- 1lb Ground meat
  - o Or 1 (15ounce) can black/red beans (for vegan recipe)
- ¼ cup Onions, minced
- 1-2 Garlic clove(s), minced
- 1 Medium carrot, grated
- 1½ cup Canned diced tomatoes - don't drain
- 1 tsp. Worcestershire sauce (omit for vegan recipe)
- 1 tbsp. Chili powder
- ½ tbsp. Ground cumin
- ¼ tsp. Thyme
- ½ tsp. Salt
- ½ cup Uncooked rice
- ¾-1 cup Shredded cheese (omit for vegan recipe or use vegan cheese)

### Directions:

1. Preheat oven to 350F
2. Fill a pot with water just enough to cover peppers and heat to boiling.
3. Cut the tops off of the peppers and remove seeds and membranes. If necessary, slice the bottom of the pepper so it can stand straight. Add peppers to boiling water and cook for 2 min. Remove with tongs and rinse with cold water to stop cooking process. Set aside.
4. In a large frying pan over medium heat brown ground meat (skip this if no meat). Then add onions, garlic and carrot. Saute until veggies are tender crisp.
5. Add tomatoes, Worcestershire sauce, chili powder, cumin, thyme, salt and simmer until most liquid is absorbed. In the meantime cook rice according to package instructions then add to meat mixture (this is also when you can add your beans if choosing the vegetarian option)
6. Place peppers in a baking dish. Stuff hot meat mixture into peppers. Top with shredded cheese. Bake approximately 15 minutes.
7. Enjoy 😊