STUFFED RED AND YELLOW BELL PEPPERS

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the most healthy because they contain high levels of vitamins like C and A and antioxidants. All bell peppers offer nutritional benefits but the red, yellow and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses and grains as shown in the Stuffed Red and Yellow Bell Peppers recipe below.

PREP TIME: 10 min **COOK TIME:** 25 min **BAKE TIME:** 35 min **SERVINGS:** 4

INGREDIENTS:

- 4 red and yellow bell peppers
- 1 lb lean ground beef
- 2 tbsps olive or canola oil
- 1 tsp minced garlic
- ½ cup chopped yellow onion
- 1 tsp minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp ground cloves
- ½ tsp salt
- ½ tsp black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

DIRECTION:

Pre heat oven to 425 degrees Fahrenheit.

Wash and dry the bell peppers, then slice in half and remove the pith and seeds.

Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 mins.

While the peppers are baking prepare the filling by heating the remaining oil in a skillet. Then add onions and saute for a few minutes until softened. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick and the ground beef. Saute the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 -15 minutes or until the beef is cooked and the liquid dries up. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.

Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.

Serve with mashed potatoes, garlic bread or cornbread if desired.

Bon Apetit..

STUFFED RED AND YELLOW BELL PEPPERS - JEN'S COOKING TIPS

I prefer pre roasting the bell peppers as opposed to boiling them as it preserves the flavour.

Red, orange or yellow peppers have a sweeter flavour and more nutrients than green peppers due to their longer growing process.

Prep the peppers by slicing them from top to bottom, then remove the seeds and membranes.

You can substitute the rice with cooked quinoa or any other grain.

Bell peppers should be purchased when they are firm and have no soft or dark spots.

Store unwashed peppers in a plastic bag (with a few holes in it) in the crisper drawer of the refrigerator for up to a week.

YOU WILL NEED:

Red, yellow or orange bell peppers

Ground Beef

Olive or Canola oil

Cooked long grain rice

Garlic

Onion

Ginger

Bayleaves

Cinnamon stick

Ground cloves

Shredded Mozzarella or Cheddar cheese