



Stuffed Anaheim Peppers

Ingredients:

4 anaheim peppers
1 cup cooked brown or wild
rice (or grain of your choice)
2 cloves garlic minced
1 onion
1 pound ground beef or
turkey (substitute 1 cup
cooked black beans for
vegetarian option)
1 cup fresh tomatoes (diced)
1/2 cup parmesan cheese
(optional)

Cut peppers lengthwise and remove center and seeds. Brush outsides with olive oil and place face up on baking sheet.

Cook garlic, onions, tomatoes, and ground meat over medium heat in a saucepan about 15min (or until thoroughly cooked).

Add cooked grains to meat mixture. distribute evenly into open facing peppers.

Cook at 350 for 45-60 min or until peppers are tender. Add parmesan cheese for last 15 min.

Enjoy!

