Sweet Pepper Recipes

Veggie Fried Rice

Taco stuffed peppers

Cheesy Broccoli Rice Stuffed Peppers

**Veggie Fried Rice**

Recipe modified from Boston Public Market

1 large bell pepper, chopped

4 carrots, diced

1 large onion, chopped

1 hot chili, seeded and diced

1 knob of ginger, grated

2 cloves of garlic, diced

4 eggs, beaten

Soy sauce

Sunflower oil

Salt and pepper

Heat large skillet over medium heat, add oil and sauté onions until tender. Add garlic, grated ginger, chili, bell peppers and carrots, cook for 2 minutes. Once cooked, remove from pan and set aside.

Using the same skillet, scramble the eggs. Add veggies back into the skillet along with the cooked rice and eggs. Stir combine thoroughly and remove from heat. Season with soy sauce to taste.

**Taco stuffed peppers**  
From healthyseasonalrecipes.com

Ingredients  
3 large bell peppers, cut in half lengthwise and cored  
2 teaspoons coconut oil or avocado oil  
1 pound grass fed beef  
1 cup chopped red onion  
1 cup chopped white or crimini mushrooms  
1 tablespoon ground cumin  
1 tablespoon chili powder  
½ teaspoon ground chipotle chili  
½ teaspoon salt  
¼ teaspoon cinnamon  
½ cup canned tomato puree  
4 ounces shredded sharp cheddar cheese  
chopped fresh cilantro leaves for garnish, optional  
  
Instructions  
Place the peppers, cut side down in a microwave safe baking dish. Add 1 cup water to the baking dish. Cover with a layer of parchment or wax paper. Cover with plastic wrap. Microwave on high until the peppers are just starting to soften, 4 to 5 minutes. Carefully remove cover, drain off water and turn the peppers cut-side up in the baking dish.  
Meanwhile, heat oil in a large skillet over medium-high heat. Add beef and cook, crumbling with a wooden spoon until the meat is browned, about 5 minutes. Add onion and mushrooms and cook, stirring often, until the mixture is browning along the edge of the pan and the vegetables are softened, 4 to 6 minutes. Stir in cumin, chili powder, chipotle, salt and cinnamon and cook until fragrant, about 30 seconds. Remove from heat and stir in tomato puree.  
Fill the peppers with the meat mixture (about ½ cup per pepper half). Top with cheese, dividing evenly. Microwave the peppers in the baking dish, uncovered until the cheese is melted and the peppers are tender, 2 to 3 minutes. Serve warm with cilantro on top if desired.

**Cheesy Broccoli Rice Stuffed Peppers**  
From aspicyperspective.com  
  
Ingredients:  
4 bell peppers, any color  
1 tablespoon butter  
1 small onion, peeled and chopped  
3 garlic cloves, minced  
1 1/2 cup long grain rice  
3 1/2 cups vegetable broth, divided  
2 – 4.5 ounce cans Old El Paso Green Chiles, chopped (mild or hot)  
1 teaspoon salt  
1/2 teaspoon smoked paprika  
2 1/2 cups vey small broccoli florets  
2 ounces low fat cream cheese  
16 ounces shredded cheddar, divided

Directions:  
Preheat the oven to 400 degrees F. Spray a 9 X 13 inch baking dish with nonstick cooking spray. Cut the bell peppers in half from top to bottom. Remove the seeds and lay them in the baking dish, cut side up.  
Place a medium stock pot over medium heat. Add the butter, onions and garlic. Sauté the onions for 2-3 minutes. Then stir in the rice, 3 cups broth, Old El Paso Green Chiles, salt, and smoked paprika. Cover the pot and bring to a boil. Allow the rice to cook for 15-20 minutes covered, until steam holes are evident on the surface and the broth has absorbed.  
Stir the small broccoli florets, low fat cream cheese, 1 1/2 cups shredded cheddar, and remaining 1/2 cup broth into the rice. Stir until the cream cheese melts into the mixture.  
Spoon the rice mixture into the bell peppers. Bake for 15 minutes. Then top the peppers with the remaining shredded cheddar and place back in the oven for 5 minutes. Serve warm.

SLOW COOKER INSTRUCTIONS: To make these is a slow cooker (instead of the oven) follow step 2 and 3 of the instructions above. Cut the bell peppers in half. Spoon the rice mixture into the peppers and place them down into the slow cooker crock. Cover and turn on low for 5-6 hours. Cover the peppers with the remaining cheese and cover again for 10 minutes.