

Southwest Stuffed Bell Peppers

By Robert Oleson / Creative Chef – Better Me at 5280
Makes 8 Stuffed Peppers

Ingredients:

1# ground chorizo
1# ground turkey
4 large bell peppers, combination of colors, seeded and cut in half
2 cups cooked Impeccable White Rice (see recipe on betterme5280.com)
1 small white onion, diced
1 large jalapeño
1 medium serrano pepper
3 sweet mini peppers, diced
3 cloves garlic, minced
¼ cup roasted green chilies, minced (fresh or canned)
3 Tbsp Southwest Seasoning, divided (see recipe on betterme5280.com website)
½ cup chicken bone broth, divided
8 oz. cojack cheese, shredded
2 Tbsp. butter
1 Tbsp. olive oil
Kosher salt and black pepper to taste

Instructions:

Cook rice according to recipe and set aside when done. Allow to cook down as you move to the next step. (Great to cook the rice for another meal and reserve 2 cups to use in this recipe).

Preheat the oven to 350°. Clean, seed and cut bell peppers in half and sprinkle with a little Kosher salt. Place in casserole dish coated with a fine layer of olive oil. Set aside.

Chop onion and all peppers and set aside in one small bowl.

Mince garlic and set aside in small bowl

In large saucepan, combine butter and olive oil and heat through, careful not to burn butter. Add onion and pepper blend and a pinch of salt and black pepper, sauté until softened and onion is a translucent. Add garlic and cook through.

Add a splash of chicken broth to and scrape up all brown bits. Add both ground chorizo and ground turkey. If you have a potato masher, use this to mince up the ground meat so that it is finely chopped. After meat is browned, add the Southwest Seasoning, bone broth and roasted chilies. Mix for a couple of minutes to incorporate. Add rice and the rest of the bone broth and mix together until well blended. Taste and season with kosher salt and black pepper as desired. Cook for 4-5 minutes until mixture comes together, stirring frequently to blend.

Allow meat mixture to cool for a few minutes before stuffing in peppers. Spoon into peppers and cover with foil, cook for 20 minutes. Remove from oven and top with cheese. Place back in oven uncovered for 15-20 minutes or until cheese is melted and slightly browned. Let sit a couple of minutes before serving.

MILE HIGH PREP TIP:

Rather than fill 8 peppers, fill only 6 and save the remaining ground meat mixture to make an egg scramble on the weekend or fill in a couple of lettuce leaves and top with shredded cheddar for a savory lunch.

Supporting Recipes (under resources at BetterMe5280.com)

- Impeccable White Rice
- Southwest Seasoning

Nutrition facts per serving

Calories: 360 - Protein: 23 grams - Carbohydrate: 17.2 grams - Fat: 21.9 grams

