

Ed's Stuffed Peppers

Stuffed Peppers are typically made with ground beef & pork - here's a hearty recipe that uses cubed chicken and/or pork tenderloin. Ed Bottrell

8-servings

2 C	Cooked Brown Rice
1 can (156ml)	Tomato Paste
1 can (796ml-28oz)	Diced Tomatoes, drained
$\frac{1}{2}$ C	Chicken Broth, low-sodium
3	Garlic cloves, crushed
1 tsp	Red Pepper Flakes
2 T	Balsamic Vinegar
2 T	Fresh Basil, chopped
1 tsp	Pepper, freshly ground
8-Large Bell Peppers	Red, Orange, Yellow or Green - topped and seeds removed
2	Chicken breasts and/or Pork Tenderloin, cubed (about 16oz) Also good with 50:50 Hamburger, Ground Pork
1	Chorizo or Hot Italian Sausage, casing removed, finely chopped
1	Onion, diced or shredded
1 C	Gruyere Cheese, cubed
$\frac{1}{4}$ C	Parmesan Cheese, grated or shredded
$\frac{1}{2}$ C	Panko Bread Crumbs
2	Jalapeño chilies, veins and seeds removed, chopped or shredded (optional)
$\frac{1}{2}$ C	Gruyere or Cheddar Cheese, shredded

Instructions:

1. Cook brown rice according to directions.
2. In a large saucepan, mix Tomato Paste, Tomatoes, Chicken Broth, Garlic, Red Pepper Flakes, Balsamic Vinegar, Basil, and Pepper - simmer to reduce about 30-minutes stirring every few minutes
3. In a pre-heated 425+ °F oven, bake empty Peppers upright in a Pyrex dish (or equivalent) for 5-7 minutes, or until outer skins are just starting to blacken
4. Sauté meats, sausage and Onion on high heat until about 80% done
5. In a large bowl, thoroughly mix all ingredients (except last ingredient of Gruyere or Cheddar Cheese) and spoon into Peppers
6. Bake Stuffed Peppers at 400 °F for 20-25 minutes or until thoroughly heated and slightly crunchy on top.
7. Remove from oven and sprinkle shredded Gruyere or Cheddar Cheese on top of peppers.
8. Put under broiler for 2-3 minutes until cheese is melted