

STUFFED PEPPERS WITH CHIMICHURRI

STUFFED PEPPER INGREDIENTS

- 4 bell peppers- tops cut off, seeds and membranes removed
- 1/2 pound mild or spicy Italian sausage
- 1 1/2 cups brown rice
- 3/4 cups water
- 1 tbsp chopped garlic
- 1/4 pound diced yellow onion
- 1/4 pound diced tomatoes
- 1/2 tsp ground cumin
- 1/2 tsp ground chili powder
- 1/4 tsp Italian seasoning
- 2 tsp kosher salt
- 1 tsp black pepper
- 1/2 cup shredded cheese (any blend)
- 2 tbsp chopped cilantro
- 2 tbsp sliced green onions

STUFFED PEPPER DIRECTIONS

- Preheat Oven to 375F degrees. Oil a large baking dish and arrange bell peppers standing up (if needed trim around 1/8 inch from the bottom).
- Season the inside of the peppers with half of the salt and pepper and place in oven for 10-12 minutes. Pull and reserve after cooking to stuff. While baking peppers, start on the filling.
- In a large pan over medium-high heat, cook sausage for 5-6 minutes allowing it to crumble as you stir, until well browned. Remove sausage from pan with slotted spoon and set aside.
- Place pan back on burner with pan drippings remaining over medium-high heat and add onions, sautee 2-3 minutes until slightly translucent, add garlic, cook another minute then add diced tomatoes, brown rice and water.
- Add dry spices and reduce heat to low, cover and cook for an additional 15-18 minutes, stirring every 3-4 minutes to incorporate.
- Remove lid and add sausage back to the pan, add 1/4 cup of cheese to the mixture and 1 tbsp each cilantro and green onion.
- Spoon sausage mixture into the baked peppers and top with remaining cheese.
- Bake for 3-5 minutes or until cheese is melted.
- Top with Chimichurri, remaining cilantro, and green onion and ENJOY!

STUFFED PEPPERS WITH CHIMICHURRI

CHIMICHURRI INGREDIENTS

- 1 cup firmly packed fresh flat-leaf parsley, trimmed of thick stems
- 3-4 garlic cloves
- 2 tbsp fresh oregano leaves (can sub 2 teaspoons dried oregano)
- 1/3 cup extra virgin olive oil
- 2 tablespoons red or white wine vinegar
- 1/2 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1/4 tsp red pepper flakes

CHIMICHURRI DIRECTIONS

- Finely chop the parsley, fresh oregano, and garlic (or process in a food processor several pulses).
- Place in a small bowl. Stir in the olive oil, vinegar, salt, pepper, and red pepper flakes.
- Adjust seasonings. Serve immediately or refrigerate.
- If chilled, return to room temperature before serving.
- Can keep refrigerated for up to two weeks.