

Idiot's Kitchen Recipe – Mexican Stuffed Peppers

Recipe from www.idiotskitchen.com



Ingredients:

- 6 bell peppers – red, orange, yellow or a combo
- 1-1½ pounds ground turkey (or other ground meat)
- 2 Tablespoons olive oil
- 1 large onion, finely chopped
- ¾ cup tomato sauce (from a 15 oz. can – save the remainder for the bottom of the baking dish)
- 1 (15 oz.) can black beans, drained & rinsed
- 1 cup frozen corn kernels
- 1 (4.5 oz.) can diced green chiles
- Salsa to taste (optional)
- 1 Tablespoon chili powder
- 2 teaspoons cumin
- Salt & Pepper
- 8 oz. shredded cheese – Pepper Jack, Monterey Jack, or cheddar

Preheat the oven to 350 degrees.

Heat 2 Tablespoons of olive oil in a large skillet over medium high heat. Add 1-1½ pounds of ground turkey (or other ground meat such as beef or pork) and cook until browned and no pink remains. Add 1 large chopped onion to the pan and cook until tender and golden, about 10 minutes.

Turn the heat down to low and add ½ to ¾ cup of tomato sauce using enough to make the filling saucy but not overly soupy. You can also add some salsa in place of some of the tomato sauce for extra flavor.

Drain and rinse 1 can of black beans and add them to the skillet. Add 1 cup of frozen corn kernels and 1 (4.5 oz.) can of diced green chiles. Season with 1 Tablespoon chili powder, 2 teaspoons cumin, and salt & pepper to taste. Taste and adjust the seasonings to your level of flavor and heat.

Slice the top stem end off of each pepper and use a sharp knife to gently remove the seeds and the white inner membranes. If your peppers do not stand upright, carefully remove a very, very small sliver off the bottom of each pepper to create a more stable base. Take care, however not to cut through the pepper or they will leak while they cook.

If you have leftover tomato sauce, add it to the bottom of the baking dish. Otherwise add about 1/3 cup of water. Place the peppers upright in the dish and fill with the meat mixture. Cover with foil and bake at 350 degrees for 30 minutes.

After 30 minutes, remove the foil and top with shredded cheese. Return to the oven for 10 minutes or until the cheese is golden and melted.

Makes 6 servings – great leftover and the filling also freezes well for future use.

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