



NOV
2016

Southwestern Stuffed Peppers

with Beef, Quinoa, and Monterey Jack Cheese

In less than an hour from now, you'll be cutting slowly (or not so slowly, depending on that appetite) through creamy melted cheese; a protein-packed beef, quinoa, and tomato mixture; and finally the tender baked pepper holding it all together. But the best part about it all will be the smoky Southwestern spice blend.



Prep: 5 min
Total: 30 min



level 1



nut
free



gluten
free



Chicken Stock
Concentrate



Quinoa



Yellow
Onion



Scallions



Lime



Ground
Beef



Southwest
Spice Blend



Red Bell
Pepper



Yellow Bell
Pepper



Crushed
Tomatoes



Monterey
Jack Cheese

Ingredients

	2 People	4 People
Chicken Stock Concentrate	1	2
Quinoa	½ Cup	1 Cup
Yellow Onion	1	2
Scallions	2	4
Lime	1	2
Ground Beef	8 oz	16 oz
Southwest Spice Blend	1 tsp	2 tsp
Red Bell Pepper	1	2
Yellow Bell Pepper	1	2
Crushed Tomatoes	1 Box	2 Boxes
Monterey Jack Cheese	1) ½ Cup	1 Cup
Olive Oil*	2 tsp	4 tsp

*Not Included

Allergens

1) Milk

Tools

Small pot, Large pan, Baking Sheet

Nutrition per person | Calories: 641 cal | Fat: 25 g | Sat. Fat: 10 g | Protein: 37 g | Carbs: 71 g | Sugar: 19 g | Sodium: 826 mg | Fiber: 9 g

1



1 Preheat the oven and cook the quinoa: Preheat oven to 400 degrees. Bring **1 cup salted water** and **stock concentrate** to a boil in a small pot. Once boiling, add **quinoa**. Cover and reduce to a low simmer until tender, 15-20 minutes.

2



2 Prep: Wash and dry all produce. Meanwhile, halve, peel, and dice **onion**. Thinly slice **scallions**. Cut **lime** into wedges.

3 Start the filling: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **onions** and **scallions**, and toss until softened, 4-5 minutes. Season with **salt** and **pepper**. Add **ground beef**, and break up into pieces until browned, 3-4 minutes. Stir in **Southwest spice blend**, and cook another 30 seconds. Season to taste with **salt** and **pepper**.

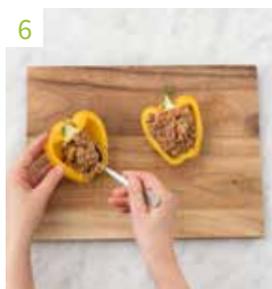
5



4 Prep the peppers: Halve **bell peppers** lengthwise, and remove veins and seeds. Place on a baking sheet, and drizzle with **olive oil**. Season with **salt** and **pepper**. Bake until softened, 5-7 minutes.

5 Finish the filling: Add **crushed tomatoes** to **beef**, and simmer 5 minutes to meld flavors. Stir in cooked **quinoa**, and season with **salt** and **pepper**.

6



6 Bake and serve: Fill **peppers** with as much **filling** as possible, and sprinkle with **Monterey Jack cheese**. Bake until **peppers** are very soft, about 10 minutes. Serve with a wedge of **lime** for squeezing over. Serve leftover filling on the side and enjoy!

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