

## Stuffed Peppers

### Ingredients

1/2 cup brown rice, uncooked  
2 tbsp good quality olive oil  
1 large onion, chopped into ¼" squares  
2 large carrots, peeled and coarsely grated  
Salt and pepper  
2 tbsp tomato paste  
1 lb. ground lean, organic turkey thigh meat or pasture-raised lamb  
Spices to taste (oregano, thyme, paprika, zaatar, and/or curry)  
¼ cup raisins (optional)  
4-6 bell peppers, washed, cored, and tops removed

### Preparation

1. Fill a large pot/saucepan with water and add rice. Bring to a boil and then reduce heat to a low simmer. Cook until rice is just starting to get soft. Drain the water and allow rice to cool
2. In a large pan, heat olive oil
3. When the oil is hot, add onion and cook, stirring regularly, until it starts to take on a golden color (about 5-7 minutes)
4. Add carrot and cook an additional 5-7 minutes, stirring regularly
5. Season with salt and pepper and stir in the tomato paste. Cook an additional 1-2 minutes, stirring regularly.
6. Remove the onion/carrot mixture from heat and allow to cool.
7. In a large bowl, add the ground meat, cooked rice, onion/carrot mixture, spices, and raisins (if using). Mix well with hands or large spoon until uniform (2-3 minutes).
8. Spoon the mixture into the pepper shells, packing loosely
9. Place peppers on a baking tray, lined with parchment and bake for 30-45 minutes at 350F.

### Notes

In lieu of cooking brown rice, you can use ½ cup of uncooked white rice. It will absorb moisture from the meat and cook in the oven. Do not use uncooked brown rice as it won't cook properly in the oven.

For a vegan version, substitute canned chickpeas (drained and rinsed) for the ground meat.

If you find the peppers drying out in the oven, cover the baking tray with a layer of foil, to the keep moisture locked in.