

Firecracker Stuffed Red Bell Peppers



Serves
Serves 10

Ingredients

- 5 medium to large red bell peppers, cut in half
- 1 1/2 lbs. ground turkey, or beef
- 1 1/2 cup of basmati, white or brown rice cooked
- 1/4 cup extra virgin olive oil
- 2 garlic cloves, minced
- 1/4 cup Italian flat leaf parsley, chopped
- 1 medium sweet onion, chopped
- 1 cup chopped tomatoes
- 1 cup home made tomato basil sauce, strained
- 2 1/2 cups shredded mozzarella cheese
- 1 tsp cumin
- 1 tsp ginger powder
- 1 tsp chili powder
- 1 tsp cayenne pepper
- 1/4 cup fresh grated parmesan cheese for garnish
- Sea salt & fresh ground pepper to taste

[1-Jar Tomato Basil Sauce](#)

Preparation Instructions

Heat oven to 350 degrees. In cast iron skillet with lid add the olive oil, then the ground turkey. Let brown for a few minutes then add the chopped onion, garlic, parsley, cumin, ginger powder, Italian flat leaf parsley, 1 cup chopped tomatoes, chili powder, cayenne pepper, and sea salt and pepper to taste. Mix all well and let simmer in skillet with lid on for about 10 minutes.

Add 1/2 cup of shredded mozzarella cheese and mix well. Let cool.

Cut the red bell peppers in half removing the seeds and stems from the inside.

Place in a 9x13 baking dish and soften in the oven for about 20 minutes.

Let the peppers cool for about 5 minutes or so. When the filling is room temperature stuff each red bell pepper with the filling. Top off with the rest of the shredded mozzarella cheese. Cover with foil and bake in a 350 oven for about 30 minutes and let cool. To serve, spoon a little tomato sauce, pureed, on a dinner plate and place the pepper on the sauce and sprinkle a little fresh grated

parmesan cheese.