

# Gluten + Dairy Free Stuffed Peppers Recipe

This is delicious with or without meat! Either option is gluten and dairy-free. High protein, low carb, BIG flavor. Serves 2-3. Minimal prep and cook time.

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- Meat Option: 1/2 lb lean ground beef or turkey
  - Meat Option: 1/4 cup chopped mushrooms (I prefer oyster, cremini, or shiitake)
  - Meat Option: 2 cups cooked quinoa (For quick prep: Trader Joe's or any organic frozen prepared quinoa works great! No microwaves, please. )
  - Vegan: 1 cup chopped mushrooms
  - Vegan: 2 cups cooked quinoa
  - 2 garlic cloves, finely chopped
  - 1/4 tsp. white pepper
  - 2 tbsp. finely chopped white onion
  - 1/4 tsp. red pepper flakes (optional)
  - 1/4 tsp. Himalayan sea salt
  - 1/4-1/2 tsp. fennel seed (to preference)
  - 1/2 tsp. chili powder
  - 1/4 tsp. garlic powder
  - 1/4 tsp. ground cumin
  - 2 tbsp. chopped fresh basil, keep a few leaves whole to the side
  - 1/4 tsp. dried tarragon
  - 1-2 dried bay leaves, finely crumbled
  - Dash of celery salt
  - 2 large or 3 medium red peppers -- tops sliced off, insides removed. Finely chop the flesh of the tops to add to mix.
  - Finely chopped red bell pepper (remainder of peppers to be stuffed)
  - 1 tbsp. cold pressed, unrefined coconut oil
  - 1 tbsp. grapeseed oil
  - 1 small lime
  - 1/4 cup plain cashew yogurt (Forager brand is my FAVORITE)
  - PREP: In medium bowl, combine ground beef and/or chopped veggies, herbs and spices. Mix well. Add coconut oil and mix more to provide light coating. Cover bowl. Set aside in refrigerator.
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- COOK:** Heat grapeseed oil in a skillet at medium heat. Add mix. Fold in quinoa as the meat/veggies soften. Once browned, turn off heat and cover. Let sit and cool down for at least 15 minutes.

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- BAKE:** Preheat oven to 350. Fill bell pepper cups with mix and place on non-stick cookie sheet or lightly oiled glass baking pan. Bake 15-18 minutes.

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- FINISH:** Check tenderness of pepper cups. Carefully use fork to move pepper filling around. Bake for 5 more minutes.

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- GARNISH/SERVE:** Squeeze lime juice over the peppers. Top with a basil leaf. Sprinkle with more sea salt and/or chili powder if desired. Plate with a dollop of cashew yogurt on the side or as a topping.

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**NOTE: If using this as a next day meal, let mixture cool completely before filling peppers. Cover and store in the refrigerator for baking later.**

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**VARIATIONS: Use salt to preference as well as pungent spices like fennel. Add a little dried oregano for a bit more kick.**

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