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Stuffed Green Peppers

(Serves 4)

Ingredients:

- 4 medium green, red, or yellow sweet peppers
- 1 lb ground pork or beef
- ½ cup finely chopped onion
- ½ cup finely chopped carrot
- ½ cup finely chopped tops from peppers
- 1 clove minced garlic
- 1 each, 8 oz jar tomato paste
- 2 tbsp water
- ½ cup cooked rice, quinoa, or millet
- ¼ cup raisins
- 1 teas chili powder
- ¼ teas sea salt
- ⅛ teas allspice
- Few dashes of hot sauce
- Few dashes of Ume Plum vinegar (optional)
- Tomato sauce to cover over stuffed peppers (optional)

Directions:

1. Preheat oven to 350°.
2. Wash and cut the tops off of the peppers, remove seeds, and membranes.
3. Mix remaining ingredients together (except the tomato sauce).
4. Fill the peppers with the stuffing mix and place in a baking dish standing peppers upright.
5. Add a small amount of water to the bottom of the baking dish.
6. Tomato or spaghetti sauce may be spread on top of the stuffed peppers (optional).
7. Bake uncovered for 45 to 60 minutes or until meat thermometer reads 160°.

Enjoy!