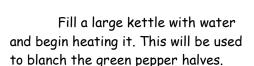
Adapted from a recipe in Light & Tasty magazine, these showy and delicious stuffed peppers are perfect for company, yet go together pretty quickly! Serve with avocado and grapes or watermelon, if desired.

## South-of-the-Border Stuffed Peppers



Serves 4

In a large nonstick skillet, cook the pork or beef, red pepper, onion and garlic over medium heat until meat is no longer pink; drain. Stir in 1/2 cup chopped tomatoes, paprika, cumin, oregano and cayenne. Add water, stirring well to combine. Bring to a boil; Simmer uncovered for 5 minutes to thicken.

Cut green peppers in half, removing seeds. Drop into boiling water for 3-5 minutes, then remove to a pan of cold tap water. Drain.

Fill green pepper halves with meat mixture and place in a greased 9 x 13 pan. Cover and bake at 350° for 25-30 min. Serve, garnishing with remaining chopped tomatoes, yogurt, green onions, cheese and halved grape tomatoes. Two green pepper halves per serving.

1 pound lean ground pork or beef, with no added ingredients

2/3 c. chopped sweet red pepper

1/2 c. chopped onion

1 tsp. crushed garlic

1-3/4 c. chopped tomatoes, divided

4 tsp. paprika

1 tsp. cumin

1/2 tsp. salt

1/2 tsp. dried oregano, crushed

1/4 tsp. cayenne pepper

1/2 c. water

4 medium green peppers

SCD yogurt (or sour cream for

non-SCDers)

Shredded Cheddar cheese

3 green onions, chopped

Grape tomatoes for garnish (optional)