

*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.*



Serves 4

## South-of-the- Border Stuffed Peppers

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)

Fill a large kettle with water and begin heating it. This will be used to blanch the green pepper halves.

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.