



Jack-O'-Lantern Stuffed Peppers

4 servings

1 hour

Ingredients

4 Orange Bell Peppers
 Sea Salt & Black Pepper (to taste)
 1 Yellow Onion (finely chopped)
 2 Garlic Cloves (minced)
 2 Zucchini (diced)
 6 White Button Mushrooms (diced)
 1 tbsp Nutritional Yeast (divided)
 2 tsps Chili Powder
 1 lb Extra Lean Ground Beef
 1 cup Organic Chicken Broth (divided)
 2 cups Fire Roasted Diced Tomatoes

Nutrition

Amount per serving	
Calories	330
Fat	12g
Carbs	26g
Fiber	6g
Protein	30g

Directions

- 1 Preheat oven to 350°. Cut off (and reserve) the top of each pepper. Remove and discard the cores and seeds. Using a sharp paring knife, carve a Jack O'Lantern face into each pepper. Spray each pepper with a little avocado oil spray and season generously with salt and pepper. Place the peppers upright in a large baking dish along with the pepper tops.
- 2 Spray a large skillet with avocado oil. Cook onions, zucchini and mushrooms until soft, about 7 minutes. Add garlic and cook until fragrant, about 1 minute more, remove from pan and set aside.
- 3 Add beef to the pan and cook until meat is no longer pink, breaking up meat with a wooden spoon. Turn off heat and drain fat.
- 4 Return skillet to stovetop over medium heat. Season with salt and pepper to taste and stir in chili powder. Add fire-roasted tomatoes, 1/2 cup chicken broth, cooked veggies 1/2 cup of the nutritional yeast cheese. Stir until mixture is evenly combined.
- 5 Divide veggie and beef mixture between hollowed out peppers. Top with remaining 1/2 cup of nutritional yeast. Pour remaining 1/2 cup chicken stock into pan. Cover with foil and bake for 30 minutes. Remove foil and cook for another 10 to 15 minutes, or until peppers are tender.

Notes

No Beef: Use any ground meat you prefer!

No Nutritional Yeast: Use The Honest Stand Dip Cheddar Cheese Flavor to keep it dairy free, or top each bell pepper with 1/4 shredded cheese.