

Chicken Stuffed Peppers

Makes: 6 Servings

Ingredients

3/4 cup onion, diced (about 1 small onion)
1 teaspoon garlic, minced
28 ounces Whole peeled tomatoes
1/4 cup Basil, fresh leaves
6 Red peppers, medium
1 cup Quinoa, raw rinsed
12 ounces chicken breast, ground
1 1/2 cups Carrots, 1/4 inch dice
1 cup Celery, 1/4 inch dice
1 tablespoon Parsley, fresh chopped
1 tablespoon olive oil
1/2 teaspoon salt



Directions

1. Prepare tomato sauce in advance. Saute onions in olive oil until transparent. Add 1/2 cup of the carrots. Add garlic. Add tomatoes and basil. Simmer for 30 minutes. Puree. Cool.
2. Cut tops off peppers and clean seeds from inside.
3. In a large bowl mix quinoa, chicken, diced carrots and celery, parsley and salt.
4. Fill mixture into peppers.
5. Pour tomato sauce into a baking dish and set peppers into sauce. Cover with plastic wrap and then foil. It is important to seal well so the quinoa can be steamed in the sauce and juices from the vegetables.
6. Bake at 350°F for about 45 minutes or until internal temperature is 165°F and quinoa is tender.
7. Serve with sauce.

Notes

Serving Size: 1 stuffed pepper