

# Chicken Stuffed Peppers

**Makes:** 6 or 50 servings

6 Servings

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Ingredients	Weight	Measure	Weight	Measure
Onion, small diced		3/4 cup		6 cups
Garlic, minced		1 tsp		3 Tbsp
Whole peeled tomatoes	28 oz		13 lb (2 no. 10 cans)	
Basil, fresh leaves		1/4 cup		2 cups
Red peppers, medium		6 peppers		50 peppers
Quinoa, raw rinsed		1 cup		2 quarts
Chicken breast, ground	12 oz		6 1/4 lb	
Carrots, 1/4 inch dice		1 1/2 cup		3 quarts
Celery, 1/4 inch dice		1 cup		2 quarts
Parsley, fresh chopped		1 Tbsp		1/2 cup
Olive oil		1 Tbsp		1/2 cup
Salt		1/2 tsp		4 tsp



## Directions

1. Prepare tomato sauce in advance. Saute onions in olive oil until transparent. Add 1/2 cup of the carrots (1 qt for large recipe) 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 (hotel pan) 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 degrees for about 45 minutes or until internal temperature is 165 degrees and quinoa is tender.
7. Serve with sauce.