

# Stuffed Peppers

## Ingredients:

- 4 poblano chili peppers, halved lengthwise
- 2 bell peppers, halved lengthwise
- 1½ Tbsp extra virgin olive oil, divided
- 1 lb grass-fed ground bison or beef
- 1 medium red onion, small dice
- 2 garlic cloves
- 14.5 oz can diced tomatoes
- 2 cups zucchini, ½ dice
- 1 cup black beans, drained and rinsed
- 2 tsp mild chili powder
- ¼ tsp ground cumin
- ¼ tsp sea salt
- ¼ black pepper
- ½ cup organic cheddar cheese, grated

## Directions:

1. Preheat oven to 375 degrees. Remove the ribs and seeds from the halved poblano and bell peppers. Lightly rub the peppers with ½ Tbsp olive oil.
2. Place on a baking sheet cut-side down and roast for 15-18 minutes. Remove from the oven.
3. While the peppers are roasting, preheat a large saute pan over medium high. Add the remaining oil quickly followed by the bison, onion, garlic, and a pinch of salt. Saute until the onions are soft and the bison is lightly brown and fully cooked, about 8-10 minutes.
4. Add the tomatoes, zucchini, black beans, chili powder, cumin, salt & pepper. Saute 3-4 minutes.
5. Remove from the heat and spoon into the peppers. Place the stuffed peppers back into a baking dish. Pour any accumulated liquid over the top.