Gluten + Dairy Free Stuffed Peppers Recipe

This is delicious with or without meat! Either option is gluten and dairy-free. High protein, low carb, BIG flavor. Serves 2-3. Minimal prep and cook time.



- [ ] Meat Option: 1/2 lb lean ground beef or turkey
- [ ] Meat Option: 1/4 cup chopped mushrooms (I prefer oyster, cremini, or shiitake)
- [ ] Meat Option: 2 cups cooked quinoa (For quick prep: Trader Joe's or any organic frozen prepared quinoa works great! No microwaves, please.)
- [ ] Vegan: 1 cup chopped mushrooms
- [ ] Vegan: 2 cups cooked quinoa
- [ ] 2 garlic cloves, finely chopped
- [ ] 1/4 tsp. white pepper
- [ ] 2 tbsp. finely chopped white onion
- [ ] 1/4 tsp. red pepper flakes (optional)
- [ ] 1/4 tsp. Himalayan sea salt
- [ ] 1/4-1/2 tsp. fennel seed (to preference)
- [ ] 1/2 tsp. chili powder
- [ ] 1/4 tsp. garlic powder
- [ ] 1/4 tsp. ground cumin
- [ ] 2 tbsp. chopped fresh basil, keep a few leaves whole to the side
- [ ] 1/4 tsp. dried tarragon

- [ ] 1-2 dried bay leaves, finely crumbled
- [ ] Dash of celery salt
- [ ] 2 large or 3 medium red peppers -- tops sliced off, insides removed. Finely chop the flesh of the tops to add to mix.
- [ ] Finely chopped red bell pepper (remainder of peppers to be stuffed)
- [ ] 1 tbsp. cold pressed, unrefined coconut oil
- [ ] 1 tbsp. grapeseed oil
- [ ] 1 small lime
- [ ] 1/4 cup plain cashew yogurt (Forager brand is my FAVORITE)
- [ ] PREP: In medium bowl, combine ground beef and/or chopped veggies, herbs and spices. Mix well. Add coconut oil and mix more to provide light coating. Cover bowl. Set aside in refrigerator.
- [ ] COOK: Heat grapeseed oil in a skillet at medium heat. Add mix. Fold in quinoa as the meat/veggies soften. Once browned, turn off heat and cover. Let sit and cool down for at least 15 minutes.
- [ ] BAKE: Preheat oven to 350. Fill bell pepper cups with mix and place on non-stick cookie sheet or lightly oiled glass baking pan. Bake 15-18 minutes.
- [ ] FINISH: Check tenderness of pepper cups. Carefully use fork to move pepper filling around. Bake for 5 more minutes.
- [ ] GARNISH/SERVE: Squeeze lime juice over the peppers. Top with a basil leaf. Sprinkle with more sea salt and/or chili powder if desired. Plate with a dollop of cashew yogurt on the side or as a topping.

NOTE: If using this as a next day meal, let mixture cool completely before filling peppers. Cover and store in the refrigerator for baking later.

VARIATIONS: Use salt to preference as well as pungent spices like fennel. Add a little dried oregano for a bit more kick.