

Stuffed Bell Peppers

1 tbsp coconut oil/butter/coconut ghee for oiling the pan
½ cup ground chicken or beef
1/2 onion, chopped
1/2 cup sliced mushrooms
1/2 cup chopped carrots
4 bell peppers (1 seeded and chopped; 3 tops removed, cored, seeded and reserved)
1/4 cup chopped cilantro/parsley
2 handfuls baby spinach
3/4 teaspoons ground cinnamon
1/2 teaspoon ground cumin
1/2 cup cooked quinoa
Salt and pepper to taste
1/4 cup cashews chopped

Heat oil in a large skillet over medium high heat. Add onion and cook, stirring occasionally until transparent. Add the ground chicken or beef and cook until browned. Add mushrooms, carrots and chopped peppers, cook until just softened, then add cilantro/parsley. Let spinach wilt then stir in cinnamon, cumin and cooked quinoa and toss gently to combine. Add salt, pepper and cashews and cook 1 to 2 minutes more. Set aside to let filling cool until just warm.

Meanwhile, preheat oven to 350°F. Grease a 9- x 9-inch baking pan with oil then set aside.

Divide quinoa mixture evenly among remaining 3 bell peppers, gently packing it down and making sure to fully fill each pepper. Top each pepper with its reserved top then arrange them upright in prepared pan. Cover snugly with foil and bake, checking halfway through, until peppers are tender and juicy and filling is hot throughout, about 1 hour. Transfer to plates and serve.