

THINGS TO KEEP IN MIND

To make this recipe vegetarian, substitute one pound of crumbled tofu for the ground turkey.

INGREDIENTS:

- 2 bell peppers
- 1 tbsp of olive oil
- ½ onion, chopped
- 4 garlic cloves, minced
- 1 lb of ground turkey
- ½ cup of fresh tomatoes, chopped
- 1 tsp of ground cumin
- 1 tsp of oregano
- 1 tbsp of red wine vinegar
- 1 tbsp of Dash or sazónador total
- 3 cups of cooked quinoa
- ¼ cup of crumbled queso fresco



Pimientos rellenos (stuffed bell peppers)

Directions

1. Preheat the oven to 350 °F.
2. Cut each pepper in half horizontally, separating the top (with the stem) from the bottom. The bottom half should stand upright and form a bowl. Discard any seeds.
3. Place the bottom halves of the peppers on a sheet pan and bake for 15 minutes. Remove from the oven. Peel and discard the membranes. Return the peppers to the baking sheet and set aside.
4. Chop the top halves of the peppers into small pieces.
5. Heat the olive oil in a large skillet over medium heat. Add onion, chopped peppers, and garlic.
6. Add the ground turkey to the skillet. Break it into small chunks with a spoon or spatula as it cooks. Cook until browned.
7. Add the tomatoes, cumin, oregano, red wine vinegar, and Dash (or sazónador seasoning). Reduce the burner to medium-low heat and bring the contents of the skillet to a simmer. Continue simmering for about 10 minutes.
8. Mix the cooked quinoa into the skillet. Spoon the mixture into the halved peppers on the baking sheet, filling them to the top. Once they are fully stuffed, sprinkle the halved peppers with cheese. Bake at 350 °F until the cheese is melted, or about 30 minutes.