

Stuffed Peppers

2 cups cooked brown rice or wild rice ($\frac{2}{3}$ cup uncooked brown rice and $1\frac{1}{3}$ cup water)
10 - 12 red , orange or yellow peppers
1 tbsp olive oil
1 medium onion, diced (about $\frac{1}{2}$ cup)
2 lb ground meat (such as ground turkey)
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp black pepper
 $\frac{1}{4}$ tsp ground red pepper
 $\frac{1}{4}$ tsp cinnamon
1 tbsp chili powder
1 tbsp dried basil flakes
1 tbsp Italian Seasoning such as Penzeys
2 eggs
8 oz. can tomato sauce
32 oz. of marinara sauce, diced tomatoes or tomato sauce (if there is extra meat mixture, add it to the sauce.) (Classico has garlic, and may get stinky as it bakes)

Optional: top with shredded cheese when serving

Prepare rice according to package directions. While rice is cooking, prepare the peppers by cutting off the tops and pulling out the seeds and membranes. Trim any usable pepper from the tops and dice, until you have $\frac{1}{4}$ - $\frac{1}{2}$ cup of diced peppers. Saute the diced peppers, the diced onion and the olive oil in a large heavy skillet until onions become translucent. Add the ground meat (half at a time if it will not all fit at once) and brown the meat in the skillet. Don't put too much meat in at once or meat will steam instead of brown.

Mix the salt, pepper, cinnamon and chili powder. Drain meat and transfer to a large bowl. Add the cooked rice and the mixed salt, pepper, cinnamon and chili powder. Add the basil and the Italian Seasoning by rubbing the herbs between your fingers, to release the flavor of the herbs. Mix well. Add two eggs and tomato sauce. Mix well.

Pre-heat oven to 350° . Using a spoon, loosely fill each pepper to the top with meat mixture. Lightly oil a dutch oven or roasting pan large enough to hold the peppers, and place the filled peppers into the pan with open top facing up. Pour about 32 oz. of sauce on top of and around the peppers, so that there is some liquid surrounding the peppers.

Bake for 1 hour at 350° .