

Budget-Friendly Stuffed Peppers



Recipe photo may include foods and ingredients that are not a part of this recipe and not included in the nutrition analysis.

Ingredients

1 cup	red or brown lentils
2 cups	water
1 tbsp	fresh ginger (grated)
2 cloves	garlic (minced)
1 tsp	turmeric
1 lb	lean ground chicken
1 tbsp	fresh cilantro (chopped)
1/2 tsp	salt
1/2 tsp	black pepper
1/4 tsp	cayenne pepper
6	small bell peppers
1/2 cup	low sodium chicken broth

Prep: 20 min

Cook: 1hr 15 min

Serves: 6

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Directions

Preheat oven to 350 degrees F. Add lentils, water, ginger, garlic and turmeric to a medium sauce pan. Bring to a boil and reduce to a simmer, partially covered for 20 minutes. Set aside to cool.

While lentils are cooking, mix ground chicken, cilantro, salt, ground black pepper and cayenne pepper in a medium bowl and set aside.

Cut the tops off of the peppers and cut out seed pod (save the tops). Clean out the ribs and any seeds from the inside of the peppers and line the peppers cut side up in a baking dish. Set the tops off to the side. (Note: If the peppers won't sit upright, trim just a little bit off the bottom of the peppers to even it out so it will sit up straight. Try not to cut a hole in the bottom so the mixture inside does not fall out).

Once the lentils have cooled, stir them in to the chicken mixture and mix well to incorporate.

Fill each pepper with the chicken and lentil mixture but do not pack the mixture in tightly. Just gently fill to the top.

Place each pepper top back on to the peppers filled with the chicken and lentil mixture, then pour the chicken broth into the bottom of the pan.

Bake for 1 hour or until the internal temperature of the chicken mixture is 165 degrees.