

Stuffed Peppers

with Beef & Millet

From the traditional “pimientos rellenos” of Spain to the stuffed “punjena paprika” of Croatia, stuffed peppers are an international delicacy that can be found in almost every cuisine across the globe. In one of our favorite variations, we use naturally raised ground beef and millet, an ancient whole grain cultivated for over 10,000 years. It’s believed that at one point, millet was even more popular than rice.



Ingredients

- 3 Cloves Garlic
- 2 Red Bell Peppers
- 1 Bunch Parsley
- 1 Onion
- ½ Cup Millet
- 10 Ounces Lean Ground Beef
- 5½ Ounce Can Tomato Juice
- ¼ Cup Ketchup
- ⅓ Cup Grated Parmesan Cheese

Makes 2 Servings
About 560 Calories Per Serving



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Recipe #14

Instructions



1 Prepare your ingredients:

Heat a medium pot of salted water to boiling on high. Preheat the oven to 400°F. Wash and dry the fresh produce. Peel and mince the garlic. Cut the tops off the peppers and scoop out the ribs and seeds with your fingers or a spoon, reserving the tops. Roughly chop the parsley leaves. Peel and small dice the onion.



2 Cook the millet:

Add the **millet** to the boiling water. Cook 18 to 20 minutes, or until tender. Drain thoroughly.



3 Start cooking the filling:

After the millet cooks for about 10 minutes, start cooking the filling. In a large pan, heat some olive oil on medium-high until hot. Add the **ground beef** and season with salt and pepper. Cook 4 to 5 minutes, or until browned, breaking it up with a spoon. Add the **onion** and **garlic** and reduce the heat to medium low. Season with salt and pepper. Cook about 4 minutes, or until softened completely, stirring occasionally.



4 Finish cooking the filling:

Stir in the **tomato juice** and **ketchup**. Bring the mixture to a simmer, then remove from the heat. Add the **cooked millet**, **half the Parmesan cheese** and **half the parsley**. Stir until combined. Season with salt and pepper to taste.



5 Stuff & roast the peppers:

Place the **peppers** in a small baking dish. (If they don't sit flat, trim off the rounded edges on the bottom.) Season the insides of the peppers with salt and pepper. With your hands or a spoon, stuff the hollow peppers with as much of the **beef and millet filling** as possible (you will have extra filling). Place the peppers' tops back on. Roast in the oven for 13 to 15 minutes, or until the peppers are softened, cooked through, and a little browned on the outsides.



6 Plate your dish:

Divide any extra filling between 2 plates. Place a roasted, stuffed pepper on top of each plate. Garnish each with the **remaining parsley** and **Parmesan cheese**. Enjoy!