

Southwestern-Style Beef-Stuffed Peppers

with Chipotle Pepper & Monterey Jack Cheese

The word “chipotle” comes from the Aztec word for “smoked chile.” And, in fact, chipotles aren’t a separate variety of pepper. They’re simply jalapeños that have been smoked and dried. Here, you’ll see them in “adobo,” a deep red sauce made from ground chiles and vinegar. The wonderful, nuanced spice of the chiles in sauce gives this dish an authentic, desert-country kick.



Ingredients

- 10 Ounces Ground Beef
- ¾ Cup Brown Rice
- 2 Red Bell Peppers
- 1 Yellow Onion
- 3 Cloves Garlic
- 1 Jalapeño Pepper
- 1 Bunch Cilantro

Knick Knacks

- 2 Ounces Monterey Jack Cheese
- 2 Teaspoons Ground Cumin
- 2 Tablespoons Almonds
- 1 Chipotle Pepper in Adobo Sauce

Makes 2 Servings

About 685 Calories Per Serving



Instructions

1



Cook the rice:

Fill a medium pot with water. Heat to boiling on high. Add the **brown rice** and a **big pinch of salt** and cook, uncovered, 28 to 30 minutes, or until tender. Drain thoroughly and set aside.

2



Prepare the ingredients:

While the rice cooks, preheat the oven to 475°F. Wash and dry the fresh produce. Peel and mince the garlic. Grate the cheese. Cut off the tops of the peppers; then, using a spoon and your fingers, scoop out the ribs and seeds, reserving the tops. Roughly chop the almonds and chipotle pepper. Remove and discard the stem, seeds and ribs of the jalapeño pepper; small dice the jalapeño. Peel and small dice the onion. Pick the cilantro leaves off the stems; discard the stems and roughly chop the leaves.

3



Start the filling:

Heat a large pan (nonstick, if you have one) on medium-high until hot. Add the **beef** and season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 2 to 3 minutes, or until browned. Add the **garlic, onion and jalapeño pepper**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the meat is cooked through and the vegetables have softened.

4



Finish the filling:

Add the **cumin, chipotle pepper** and $\frac{1}{2}$ **cup of water** to the pan of beef. Cook, stirring frequently, 30 seconds to 1 minute, or until well combined. Stir in the **cooked rice, almonds** and **half the cilantro**. Remove from heat and season with salt and pepper to taste.

5



Stuff & bake the peppers:

Place the **bell peppers** in a small baking dish. (If they don't sit flat, trim off the very ends of the rounded bottoms to create a flat surface.) Season the insides of the bell peppers with salt and pepper. Stuff the hollow peppers with as much of the filling as possible (you will have extra filling). Cover the filling with the reserved tops of the peppers. Add enough water to just cover the bottom of the baking dish. Roast 14 to 16 minutes, or until the peppers have softened and browned. Remove from the oven.

6



Finish & plate your dish:

Remove the tops of the peppers and evenly top with the **cheese**. Return to the oven and cook, uncovered, 3 to 5 minutes, or until the cheese has melted. Remove from the oven. Divide the **stuffed peppers** and any extra **filling** between 2 plates. Garnish with the **remaining cilantro**. Enjoy!