

Moroccan-Style Stuffed Peppers

Budget-friendly recipe

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Serves: 6

Ready in: 1 hours 15 mins.

Impress your dinner guests with these artistic, delicious peppers.



Moroccan-style Stuffed Peppers
Photo attribution: My Tu Duong

Ingredients

1 cup Brown rice
2½ cups low-sodium chicken stock or water
6 medium-to-large bell peppers *tops cut off and seeded*
1 pound Lean ground beef *90% or leaner*
2 tablespoons fresh grated ginger *or 1.5 tsp ground ginger*
1 teaspoon turmeric
¼ teaspoon Cinnamon
1 pinch of safflower or saffron *(optional)*
2 Carrots *diced small*
½ Onion *diced small*
4 Cloves garlic *minced*
¾ teaspoon Salt
¼ teaspoon Black pepper
2 cups low-sodium tomato sauce *divided in half*
½ cup Fresh parsley *chopped*
½ cup Fresh cilantro *chopped*

What You'll Need

Chef knife
Cutting board
Measuring spoons
Measuring cup
Large pot with lid
Large heavy skillet
Wooden spoon
9x12 glass baking dish

Directions

1. Combine rice and water. Bring to a boil, then cover and simmer over low heat for 20 minutes. Do not cook fully. Remove from stove and set aside. (You can also microwave the rice and stock for 15 minutes.)
2. Heat a large, heavy skillet over medium heat. Add beef, ginger, turmeric, and cinnamon. Break up the meat with a wooden spoon and cook until it is no longer pink, about 5 minutes.
3. Add carrots, onion, garlic, salt and pepper. Cook until vegetables are soft, about 5 minutes.

4. Stir in half of the tomato sauce and cook for 3 minutes. Remove from heat. Add the cooked rice, parsley, and cilantro. Stir together gently.
5. Preheat oven to 375° F. Spoon the filling into the peppers. If needed, trim a very thin slice from the bottom of the pepper so that it stands straight.
6. Place the peppers evenly in a 9x12 baking dish. Spoon a little of the remaining 1 cup of tomato sauce over each pepper.
7. Bake until peppers are tender, about 30 minutes. Let cool slightly before serving.

Chef Tips

The filling can also be made with fully cooked, leftover rice.

Nutrition Info and more

Serving size: 1 cup

Total calories: 322 Total fat: 6 g Saturated fat: 2 g Carbohydrates: 44 g Protein: 22 g Fiber: 7 g Sodium: 425 mg