**Stuffed Peppers (Gemista)**

1 T. Extra Virgin Olive Oil 2 Packets Uncle Bens Quinoa & Garlic Rice

1 lb. Ground Beef or Bison Salt & Pepper to Taste

5 Cloves Garlic (Minced) 2 Tbsp. Fresh Parsley (Optional)

1 Medium Sweet Onion (Finely Chopped) 1 Tsp. Cumin

6 Multi-Colored Peppers 16 Oz. Beef/Chicken/Veg. Broth

1 Tsp. Dried Basil or 3 Tbsp. Fresh 1 Tsp. Oregano

1 Tbsp. Cinnamon 1 Tsp. Dried Mint

6 Oz. Tomato Sauce 1 Oz. Red Wine

Cooking Spray to Prepare Pan

Slice off stalk ends and put aside to be used as a lid and remove the seeds. Soften peppers in boiling water. Spray shallow baking dish with olive oil spray and arrange peppers in the pan. Sprinkle inside with a little salt. In a frying pan, heat olive oil and cook onion until slightly brown, add meat and cook until brown. Add garlic and cook until soft. Stir in the quinoa rice mixture, parsley, rest of seasonings, red wine, tomato sauce and ½ to 1 cup broth. Cover the pan and cook until the liquid is absorbed. Stir often to prevent the mixture from sticking to the bottom of the pan.

Pack the peppers with the meat mixture. Place pepper lids on top of peppers and drizzle with olive oil. Add the rest of the broth to the baking pan. Cover the pan with foil and bake in a pre-heated 375-degree oven for 30 minutes. After 30 minutes take foil off and bake for an additional 30 minutes until the tops are golden brown. Serve immediately.