

Quinoa Stuffed Carmen Italian Peppers

1 tablespoon olive oil
1/2 yellow onion, finely chopped
1/2 jalapeno, seeded and finely chopped
1 clove garlic, minced
3/4 cup quinoa, prepared
1/2 pound ground beef
1 tablespoon taco seasoning
1 cup cheese, 1/4 cup reserved for top
2 Carmen peppers, halved and seeded
1/4 cup plain yogurt

Preheat oven to 350 degrees. Arrange prepared Carmen peppers in a large casserole dish. Sauté onion for 3-5 minutes, until it has begun to soften and turn translucent. Add jalapeno and sauté for 3-5 minutes more. Remove from heat and set aside. Heat a skillet over medium-high heat and add a teaspoon or two of oil. Place ground beef in the pan, sprinkle with taco seasoning and, using a spatula, stir frequently, breaking apart the pieces and allowing to brown on all sides. This should take 7-10 minutes. In a large mixing bowl, thoroughly combine quinoa, beef, and cheese. Stuff peppers (really pack it in) with quinoa mix and top with extra cheese. Cover with foil and bake for 35-40 minutes. Remove foil for the last 10 or so minutes of baking. Serve with dollop of yogurt and a squeeze of lime juice.

Adapted from blog.relayfoods.com