

Stuffed Peppers & Portabellas



PREP TIME:
20 MINUTES

COOK TIME:
40 MINUTES

TOTAL TIME:
60 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 5-6 Servings

For Cleanse Friendly Version: Fill Mushrooms Only (Peppers not Cleanse Friendly)

Chicken Ingredients:

- 16 oz. Organic Ground Chicken
- 1 TBSP Olive Oil
- 1 ½ teaspoon Himalayan Sea Salt
- 2 Garlic Cloves Minced
- ½ Cup White Onion Chopped
- 1 teaspoon Cumin
- 1 teaspoon Oregano
- 2 Oz. Chicken or Veggie Broth

Veggie Ingredients:

- 1 TBSP Extra Virgin Olive Oil
- 2 Garlic Cloves Mince
- 1 ½ teaspoon Himalayan Sea Salt
- 1 teaspoon Oregano
- 1 teaspoon Cumin
- ½ Cup Onion Chopped
- 1 Cup Red Cabbage – Chopped
- 8 oz. Portabella Baby Mushrooms Chopped – *Stems Trimmed and Removed*
- 1 Cup Celery – Chopped
- 1 Cup Carrots – Chopped (I used rainbow carrots)
- 2 Cups Kale – Chopped
- 2 Oz. Veggie Broth
- ¼ Cup Sundried Tomato – Minced
- ¼ Cup Pitted Kalamata Olives – Minced

Stuffer Ingredients:

- 4 Whole Organic Peppers (colors of choice) – *Stems and Center Seeds Removed – Slice in Half*
- 3 Large Portabella Mushrooms – *Stems Removed*
- 4 oz. Veggie Broth

Chicken Instructions:

1. **Preheat oven to 350 Degrees**
2. In medium sauté pan, add 1 TBSP olive oil and heat on medium. Add onion and cook 3-5 minutes.
3. Then add garlic and cook 1-2 minutes.
4. Next add ground chicken and season with salt, oregano and cumin.
5. Cook and stir another 8-10 minutes until no longer pink. Add 2 oz. chicken or veggie broth. Stir until blended.
6. Set aside when done.

Veggie Instructions:

1. In large sauté pan, add 1 TBSP olive oil and heat on medium. Add onion and cook 3-5 minutes.
2. Add garlic and cook another 1-2 minutes. Next add cabbage, carrots and celery. Cook about 5 minutes and then add mushrooms.
3. Season veggies with salt, oregano and cumin.
4. Next add 2 oz. of Veggie broth to help soften the veggies. Cook another 5 minutes and add kale, olives and sundried tomatoes.
5. Simmer 5-8 minutes until kale is wilted.
6. ***Optional: Add Whole Grain of choice such as Quinoa or Brown Rice to veggie mixture.***

Stuffer Instructions:

1. Coat Corning Ware or Stone Baker lightly with olive oil.
2. Arrange peppers and portabella mushrooms so lay flat and open for stuffing.
3. Mix in desired amounts of chicken and veggies. ***Some can be vegan if prefer to have variety.***
4. Once filled, pour remaining 4 oz. of Veggie broth over peppers & mushrooms – allowing some liquid on bottom of pan.
5. Bake at 350 degrees for 25 minutes.

***Try and use all organic ingredients if possible.**

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