



SOUTHWESTERN STUFFED PEPPERS

with Ground Beef, Quinoa, and Monterey Jack Cheese



HELLO

SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring flavors that gallop in like a cowboy at the rodeo.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 740**



Chicken Stock Concentrate



Scallions



Quinoa



Southwest Spice Blend



Monterey Jack Cheese
(Contains: Milk)



Yellow Onion



Lime



Ground Beef



Bell Peppers*



Crushed Tomatoes

* Your bell peppers may be orange, yellow, or red. No matter what the color, they will still be delicious!

START STRONG

Quinoa has a slightly bitter natural outer coating. To get rid of it, give the seeds a rinse in a fine mesh strainer under cold running water before cooking in step 2.

BUST OUT

- Small pot
- Large pan
- Baking sheet
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Chicken Stock Concentrate 1 | 2
- Yellow Onion 1 | 2
- Scallions 2 | 4
- Lime 1 | 2
- Quinoa ½ Cup | 1 Cup
- Ground Beef 10 oz | 20 oz
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Bell Peppers 2 | 4
- Crushed Tomatoes 13.76 oz | 27.52 oz
- Monterey Jack Cheese ½ Cup | 1 Cup

HELLO WINE



PAIR WITH
El Barrio Chilean
Cabernet Sauvignon, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Bring **1 cup water, stock concentrate**, and a pinch of **salt** to a boil in a small pot. Halve, peel, and dice **onion**. Trim, then thinly slice **scallions**. Cut **lime** into wedges.



4 PREP AND ROAST PEPPERS

While onion and beef cook, halve **bell peppers** lengthwise, then remove white ribs and seeds. Rub all over with a drizzle of **olive oil** and season with **salt** and **pepper**. Place on a baking sheet. Roast in oven until softened, 5-7 minutes. Once cool enough to handle, arrange bell peppers cut-side up on baking sheet.



2 COOK QUINOA

Once water is boiling, add **quinoa** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes.



5 FINISH FILLING

Stir **tomatoes** into pan with **beef** and bring to a simmer. Let simmer until flavors have come together and tomatoes reduce slightly, about 5 minutes. Stir **quinoa** into pan once it has finished cooking. Season with **salt** and **pepper**.



3 START FILLING

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **onion** and **scallions**. Cook, tossing, until softened, 4-5 minutes. Season with **salt** and **pepper**. Add **beef**, breaking up meat into pieces. Cook until browned, 3-4 minutes. Stir in **Southwest spice** and cook until fragrant, about 30 seconds. Season with salt and pepper.



6 FINISH AND SERVE

Stuff **bell peppers** with as much **filling** as will fit. Sprinkle **cheese** over top of each. Return to oven and continue roasting until very soft, about 10 minutes. Divide remaining filling between plates, then place stuffed peppers on top. Serve with **lime wedges** on the side.

HOT STUFF!

Try this recipe again with a different grain or your choice of ground meat.

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