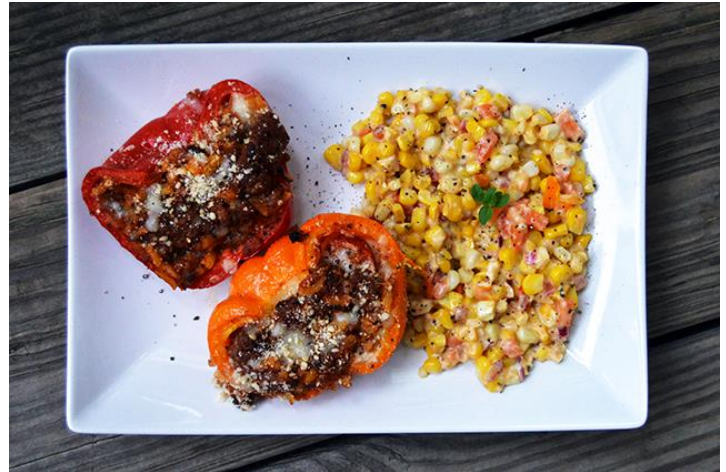


Bison Stuffed Peppers

Ingredients:

- 1 lb. ground bison
- 5-6 red, orange, yellow, green peppers
- 1/2 cup white onion
- 5-6 cremini mushrooms
- 5-6 cloves garlic, minced
- 4-5 cherry tomatoes
- 1/2 cup red onion
- 3 tablespoons lemon juice
- 3 tablespoons tomato paste
- 7 oz. tomato sauce
- 2 tablespoons Worcestershire sauce
- 3 tablespoons brown or Dijon mustard
- 2 tablespoons thyme
- 2 tablespoons oregano
- 1 tablespoon red pepper flakes
- 1 tablespoon paprika
- 1 tablespoon coriander
- 1 cup cooked orzo
- 1/4 cup jalapeno cheese
- 1/4 cup Parmesan cheese
- salt & pepper, to taste



Directions

1. Preheat oven to 350°F. Slice each pepper in half lengthwise and remove the seeds. Place into a glass dish or pan. Cook the orzo according to the package instructions. Chop the onion and mushrooms, cherry tomatoes, and mince the garlic and herbs.
2. Add the butter to a large skillet over medium heat and add the chopped red and white onions. Sauté until just browning and translucent - about 3-4 minutes.
3. Drop the bison into the same skillet and bring up the heat to medium high. Stir constantly with a wooden spoon to break up the bison meat. Add the mushrooms, garlic, and thyme, oregano, red pepper flakes, paprika, and coriander.
4. Once bison is no longer red, add the tomato paste and stir to combine. Then pour in the tomato sauce, orzo, and cherry tomatoes. Stir well to combine, and bring to a boil.
5. When bison mix is heated through, spoon generously into each halved pepper and use excess filling between each pepper. Sprinkle on half of each cheese. Place into the oven for 30 minutes.
6. Sprinkle on the remaining cheese and broil for an additional 5 minutes or until cheese is nice and melted.
7. Serve alongside some simple Mexican corn salad and tortillas for tacos!

