

Stuffed Peppers

4 medium-sized bell peppers (could use zucchini or stuffing tomatoes instead)
2 Tbsp olive oil
1 lb ground beef (vegetarians - tvp)
1 onion, chopped
2 cloves garlic
 $\frac{1}{2}$ tsp chili flakes
1 Tbsp dried thyme
2 tsp candida-friendly Dijon mustard
1 15-oz can chopped tomatoes
3 Tbsp tomato paste
salt and pepper to taste
chopped fresh parsley and oregano for garnish

- Preheat oven to 325 F
- Slice tops of peppers and reserve. Scrape out seeds
- Heat 2 Tbsp oil in saucepan over medium heat. Add meat, onion, garlic and chilies and stir until meat is cooked. Add thyme, mustard, tomatoes, paste, and $1 \frac{3}{4}$ c water and simmer until mixture has thickened. Remove from heat and season.
- Fill peppers with meat mixture. Place peppers in baking dish with sides. Place tops on and brush with oil. Add a little water to bottom.
- Bake until tender, 50-60 minutes.