

# Stuffed Poblano Chilies



**Plan Z Phase:** This is a Z2 (ZReduction) and recipe. Fans of Mexican food will love these. Easy to make and perfect for heating leftovers. Give them a try.

**Servings:** Serves 4

## Ingredients:

- 4 poblano peppers, cut in half lengthwise and seeds removed
- 1-1/2 pounds of ground sirloin
- 2 red bell peppers, seeds removed, and cut into dice
- 1 medium white onion cut into dice
- 15 ounces of salsa. This can be fresh or jar. Fresh is best .Find one with no sugar. I used a mild pico salsa.
- $\frac{1}{2}$  tsp of smoked paprika
- 1 tsp of ground cumin
- 1 clove of minced garlic (or 1/2 tsp jar garlic)
- $\frac{1}{4}$  tsp of cayenne or to taste (optional)
- a grating of sea salt or to taste

## Instructions:

Preheat oven to 400 degrees.

In a large sauté pan lightly spray with olive oil and add the ground beef. Begin cooking it. Add the onion, garlic and the red pepper when you have them prepped. They can all cook together. Keep breaking up the meat so it's in small, bite-sized pieces. When there is no pink left in the meat you can add the salsa and seasonings.

Now you are ready to prep for the oven. Take the pepper halves and lay them in the bottom of a lightly greased casserole pan, cut side up. I used my old lasagna pan because it's bigger. Then just pour the whole filling on top. I didn't bother checking to see if every pepper got "stuffed," and I didn't have time to stuff them individually, but this works. Just pour it over and spread it out.

Then bake in your oven at 400 degrees for 30 – 40 minutes until the peppers are roasted through and the meat just begins to brown a bit on the top. They will be juicy and flavorful. You can add hot sauce on top if they are not spicy enough for you and you can have a salad on the side to round out your meal.

Enjoy!

Cheers,