**Bison (Buffalo) or Turkey Stuffed Peppers**

**Ingredients:**

1 lbs. ground buffalo or turkey

1 box of Pomi chopped tomatoes

1 chopped poblano pepper

1/2 tsp black pepper

1 tsp crushed red pepper

1 tsp garlic powder

1 cup spinach

¼ cup red onion finely chopped

6 large red, green, yellow, or orange peppers

1 cup brown rice (optional; add cooked rice to meat mixture)

Dash of hot sauce if you like it spicy

1. Preheat oven to 375 degrees
2. Prepare peppers by rinsing, chopping off the top and taking out seeds in the middle and place in a roasting pan.
3. In a medium bowl put meat and all the spices and mix together
4. In a skillet, sauté onion on medium for a few minutes until a little soft
5. Add meat and sauté till brown
6. Return this mixture to the bowl (no need to drain because these meats are extra lean) and add can of diced tomatoes, brown rice and spinach
7. Fill the peppers with meat mixture to the top and return to roasting pan
8. Place a little water in the bottom of pan, place cover on, and bake in the oven for 45-50 minutes or until the pepper is soft
9. Add guacamole on top or serve with a side salad to make the dish