

Stuffed Peppers with Turkey Basil Soup
(serves 4)

8 sweet italian peppers (red)
1 T olive oil
1/4 C chopped spanish onion
2 T chopped cilantro
1 T chopped thyme
2 tomatoes chopped
S and P to taste

1. Trim tops off of peppers (chop and set aside) and drizzle 2 tsp. oil over the top. Season with salt and pepper and place in 350 degree oven for 20-25 minutes or until the skin is blistered.
2. Remove peppers out of oven and place in a bowl covered with plastic wrap for 20 minutes. Remove plastic wrap and allow peppers to cool.
3. In a medium sauté pan over medium heat add remaining olive oil and onion and cook 3-4 minutes, add thyme and chopped tops of peppers, cook for 1 minute, add tomatoes and stir until cooked thoroughly (approximately 6 minutes) and add cilantro. TASTE.
4. Use any extra soup ingredients strained out of soup and combine in pan after you add cilantro(leftover from day 43 lunch).
5. Stuff peppers with vegetable and soup mixture and place in oven for 5 minutes at 350 degrees to warm the pepper. Serve over left over brown rice and use broth from soup.