

This recipe was inspired by “Kangaroo stuffed banana peppers” by The Witches Kitchen. I believe in sustainable farming practises, and tried to incorporate Kangaroo into our diet, until we were able to acquire some venison. For me personally, i find i can substitute venison for beef in any recipe with similar results. So this following recipe is very adaptable.

Stuffed Banana Peppers Serves 2

Ingredients

- 6 Large Banana peppers.
- 500g Lean beef mince.
- 5-6 Large tomatos.
- 100g Ricotta cheese.
- 1 Small brown onion.
- 2 cloves of Garlic (finely chopped).
- 2 tsp Cumin.
- 1/3 cup of fresh mint (2Tbsp dried).

-Brown garlic and onion and add mince. When browned add 1-2 diced tomatoes and 1/2 cup water.

-Simmer until water has been absorbed.

-Stir in mint and ricotta.

-Meanwhile prepare your peppers for stuffing by cutting of the tops and removing any seeds.

-Stuff peppers with mince mixture, a chopstick is a great utensil which can help to push the mixture down into the pepper. Take your time and be gentle. Cover with extra sliced tomatoes, sprinkle with salt and pepper.

-Add 1/2 cup water, put lid or foil on and bake for about 45min-1hr in a moderate to high oven.

Nutritional Value (Per Serve)

- Cal 531 Kj 2222
- Fat 14.1
- Carb 23.9
- Protein 40.4