

Bison, Mushroom and Roasted Veggie Stuffed Peppers

Thank you to our friends at Second City Prime Steak and Seafood for the bison that inspired this recipe.

Ingredients

1 lb. Second City Prime ground bison
3-4 zucchini, cut lengthwise into ½ inch thick strips
2-3 whole medium carrots, washed and peeled
9 plum tomatoes, diced, or 1 28-ounce can of fire-roasted diced San Marzano-style tomatoes (drained)
2 tbsp extra virgin olive oil
2 tsp fresh or dried thyme + more for garnish (optional)
2 tsp fresh or dried basil + more for garnish (optional)
1 cup diced white onion
3 cloves of garlic, minced
1 8-ounce package of whole portabella mushrooms, washed and sliced
1 tsp crushed red pepper or chili flakes + more for garnish (optional)
2 cups cooked rice (we used yellow saffron rice for this recipe)
1 cup chicken stock
4-6 red, yellow or green bell peppers, tops cut off and seeds removed
5-6 mini tri-color peppers, tops cut off and seeds and stems removed
2 cups shredded sharp cheddar cheese
½ cup grated or shredded parmesan cheese
Salt and coarsely ground black pepper to taste
Fresh parsley minced for garnish (optional)

Equipment

Dutch Oven
Deep Cast Iron Skillet
Perforated Cooking Grid

Method

Set up EGG for indirect cooking with the convEGGtor at 350°F/ 177°C; place the cast iron skillet in the EGG to preheat.

In a large bowl, toss the zucchini slices, carrots and tomatoes in 1 tablespoon of olive oil, plus 1 teaspoon each of thyme and basil. Salt and pepper to taste.

Add the remaining olive oil, diced onion, garlic and a pinch of thyme and basil – about ¼ tsp – to the cast iron skillet. Cook until the onion is translucent – about 2-4 minutes. Add the ground



bison, breaking it down into smaller pieces as it cooks. While the bison is cooking add in the mushrooms and crushed pepper. Once the bison is cooked through, remove the skillet from the EGG.

While the bison is cooling, place the zucchini, carrots and plum tomatoes directly on the perforated cooking grid and roast until tender – about 5 minutes. If you don't want to roast the plum tomatoes, you can use a can of diced fire roasted tomatoes as a quick alternative. Remove from the heat and let cool. Once the veggies have cooled, dice into small pieces.

In a large mixing bowl, add the bison mixture, rice, roasted diced veggies, 2 cups of diced tomatoes (or canned fire roasted tomatoes) and ½ cup of the chicken stock. Reserve the rest of the tomatoes to top the peppers. Add the rest of the herbs, salt and pepper to taste. Stir gently to incorporate ingredients.

Stuff the peppers with the bison rice mixture half way, then add a layer of 1 cup shredded cheddar cheese and finish stuffing to the top. Spoon the rest of the roasted tomatoes on top of each pepper. Place prepared raw peppers in Dutch oven arranging the mini peppers between the large peppers. Cover bottom of Dutch oven with the remaining chicken stock.

Place on EGG, cover and cook for 30 minutes. Uncover and add a layer of the remaining shredded cheddar cheese to cover the top of the peppers and cook uncovered to melt the cheese. Once the cheese melts, remove from heat and let rest for 5 – 10 minutes.

Sprinkle peppers with parmesan cheese and garnish with crushed red pepper and herbs to taste. Transfer the peppers from the Dutch oven to a plate or platter and serve.

