



## Beef and Vegetable Stuffed Roasted Poblanos

### Over Stock Simmered and Seasoned Farro

Camine Pappas / August 2018/ Serves 4

#### INGREDIENTS:

2 large poblano peppers, halved and seeded with stems still on  
½ C tomato sauce  
½ lb lean ground beef  
2 small cloves of garlic chopped finely  
5-6 heirloom cherry tomatoes  
1 medium sized carrot diced  
2 T chopped white sweet onion  
2 T oil  
1 t good cumin powder  
½ t cayenne pepper  
¼ t allspice  
Salt and pepper to taste



#### METHOD:

Preheat oven to 375 degrees F. Rub 1 T olive oil all over poblanos and season generously with salt and pepper. Place in a small baking dish so that the peppers are about 2 inches apart. Roast for about 20-25 minutes or until done and there is slight blistering.

Heat a saucepan and add about 1 T oil. Add the carrots, onion, garlic, cherry tomatoes and cook until translucent, about 6 minutes. Add the hamburger to the veggie mixture and cook until done. Add the tomato sauce and seasonings and mix well. Heat through. Taste again and add salt and pepper as needed. Ladle ¼ of the beef mixture into each of the poblano halves and put back in oven for about 5 minutes to heat all the way through. Serve with a generous garnish of cilantro, over farro cooked with chicken stock and seasoned with your favorite multi-spice seasoning\* . Farro takes about 30 minutes to cook so adjust your preparation time accordingly)

(\* I used Trader Joe's 21 Seasoning Salute: <https://www.ebay.com/p/Trader-Joes-21-Seasoning-Salute-Blend-2-2oz/691174114?iid=222830611203&chn=ps> )

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