

## Jamaican Jerk Chicken Stuffed Peppers – Comfort du Jour

You don't have to love spicy flavors to enjoy Jamaican jerk, but it certainly helps. The traditional jerk blend includes fresh thyme, a bunch of black pepper, ginger, nutmeg, scallions and a good dose of super-hot habanero pepper. But it's not difficult to find a seasoning that backs off the habanero. My favorite is Busha Browne's jerk rub, a paste version of all those great flavors. The brand is available at most Whole Foods stores or online.

I'm always on the lookout for ways to make a recipe completely plant-based, because we never know when Les's daughter may be free for a visit, and this one would be a snap. Just omit the chicken and double the sweet potato and black beans—done!

### INGREDIENTS

Extra virgin olive oil  
1/2 lb. ground chicken  
1 small red onion, chopped  
1 medium sweet potato, shredded\*  
1/2 can black beans, drained and rinsed  
1/2 green bell pepper, chopped  
1 Tbsp. Jamaican jerk seasoning\*  
2 large red bell peppers  
Cooked brown rice with scallions (optional, for serving)

### \*NOTES

Shredding the sweet potatoes helps speed up the recipe because they cook so quickly, but if you prefer, you could cut them into small cubes and give them a little more time to soften. I used the food processor, but a box grater would also work.

As most pre-made spice blends, jerk seasoning can vary widely on salt content. Always check the labels in advance so you know how to season the overall dish. My go-to rub has plenty of seasoning on its own, so I skipped salt. Use your judgment and adjust accordingly.

### INSTRUCTIONS

1. Preheat oven to 350° F, with rack in the center.
2. Heat olive oil in a non-stick skillet over medium heat and brown the ground chicken with the onion and green bell pepper. Add shredded sweet potato and black beans and cook a few more minutes until sweet potato is tender. Mix in the Jamaican jerk seasoning rub and stir to combine.
3. Prep the red bell peppers by cutting the tops just below the stem line. I like to use the top during baking and presentation, so it helps to cut low enough to keep the stem intact. Use a paring knife to cut around the seed pod and remove seeds and membranes.
4. Soften the whole peppers by putting them upside-down in a microwave-safe dish with about 1/2" water (with the tops squeezed in the side), and microwaved at full power about 2 minutes.
5. Fill peppers with jerk chicken mixture, replace tops and cover peppers tightly with foil. This will help retain moisture while the peppers bake for 35 to 40 minutes.