



# Stuffed Peppers with Moroccan Spiced Lamb

From dulcetcuisine.com

1 T olive oil  
1 c diced onion  
1 carrot, diced  
1 lg stalks celery, diced  
1-2 T Dulcet Moroccan Cooking Spice & Rub  
1 lb ground lamb  
2 T white wine

2 T chopped fresh parsley  
 $\frac{1}{2}$  c Dulcet Moroccan Ketchup  
 $\frac{1}{4}$  t sea salt  
4 peppers, cut in halves, stems, membranes  
and seeds removed

1. Place large sauté pan on stovetop over medium high heat, add olive oil.
2. Add onion and sauté until translucent, approx 2 minutes.
3. Add diced carrot and celery and sauté for 6 minutes, stirring occasionally to prevent browning.
4. Stir in the Dulcet Moroccan Cooking Spice, and cook until fragrant, about 2 minutes.
5. Add the white wine to deglaze the pan.
6. Add the ground lamb and brown, stirring occasionally.
7. Once the lamb is cooked thru, drain off excess oil.
8. Reduce the heat to low and add the parsley, ketchup and salt, stir until heated thru.
9. Lay out peppers in a baking dish, and fill each with the lamb.
10. Place in 400 degree oven for 45 minutes.

Serves 4-6

Serving Suggestion: Toss prepared couscous with fresh cilantro, toasted almonds and dried fruit as a great side dish

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