

Stuffed Bell Peppers

Swick

Serves 1 | Active Time: 15 minutes | Total Time:

Chef's Notes

Crumbled tofu or tempeh are great additions to this recipe.

Mix up the seasonings to your taste preferences: Oregano, paprika, cumin, cayenne, etc.

Nutrition: 1 of 6 servings

Calories 245 | Total Fat 6.3 g | Saturated Fat 0.8 g | Cholesterol 0 mg | Sodium 550 mg | Total Carbohydrates 34 g | Dietary Fiber 7 g | Total Sugars 10.9 g | Protein 19.5 g | Calcium 95.2 mg | Iron 7.7 mg | Potassium 710 mg |

Step 1: Make the Stuffed Peppers

- 6 large bell peppers
- ½ tablespoon olive oil
- ½ large white onion, diced
- 3 stalks of celery, diced
- 8 mushrooms, diced
- 3 cloves garlic, minced
- 14 ounces of meatless crumbles, tempeh, or tofu
- 1 cup frozen corn kernels
- 1 ½ teaspoon Italian seasoning
- ½ teaspoon red pepper flakes
- 1 ½ cups cooked white or brown rice
- 8 ounces tomato sauce
- 3 tablespoons fresh parsley, minced
- Salt & pepper to taste
- Optional toppings: ½ cup shredded vegan cheese, extra minced parsley

PAR-BAKE PEPPERS

Preheat your oven to 350 degrees F. Lightly grease a casserole dish with olive oil. Slice the tops off the peppers, then remove the seeds and veins inside.

Place the peppers upside down in the casserole dish. Pour about 1 cup of water into the dish, then cover it with aluminum foil. Par-bake the peppers for 20 minutes.

MAKE FILLING

In the meantime, heat olive oil in a large skillet over medium. Sauté the onion, celery, and mushrooms for 3-4 minutes, or until the onions appear translucent. Add in the garlic and cook for another 30 seconds.

Add the meatless crumbles (or crumbled tempeh or tofu), corn kernels, Italian seasoning, and red pepper flakes. Cook for another 5 minutes, then add the rice and tomato sauce. Cook for 2 more minutes to heat through, then add in minced parsley. Taste and season with salt & pepper.

STUFF PEPPERS

Remove the peppers from the oven and drain the water. Flip them over and stuff each one with the filling, packing it in quite firmly. Top each pepper with a sprinkle of vegan cheese (optional).

Cover and bake for another 20 minutes. Uncover and bake for 5 more minutes, or until the peppers are tender.

Let them cool for a few minutes, then sprinkle the peppers with extra parsley before serving. Enjoy!