

Summery Stuffed Peppers Recipe



Ingredients

1 C brown rice
 1 C chopped white onion or scallions
 2 cloves minced garlic
 1 C sliced mushrooms
 ½ C sliced celery
 ½ C chopped zucchini
 ¼ C vegetable broth
 2C black beans, cooked
 1-28 oz. canned tomatoes
 1 tsp tamari
 1 tablespoon Italian seasoning – See NOTE
 ½ tsp garlic powder
 ½ tsp onion powder
 ⅛ tsp cayenne
 4 green peppers
 Non-Dairy Parmesan for topping

Fresh peppers arrive with the sizzling summer. You can eat the peppers raw or cooked. Cook a vat of filling and freeze. Or cook the peppers, freeze, and reheat in the microwave on sultry evenings. Swap rice and beans for sprouted lentils and quinoa for a completely raw dish.

Method

1. Heat the oven to 375 degrees. Cook the brown rice according to package directions.
2. In a sauté pan, cook the onion, garlic, mushrooms, and celery. Add vegetable broth to keep them from burning. Sear until the vegetables are slightly tender, about 5 minutes.
3. Add to vegetable mixture. Add all other ingredients, except canned tomatoes, topping, or sauce.
4. Cut the top off of the green peppers, about 1 inch below the stem, and fill each with the mixture.
5. Pour diced tomatoes into the baking dish. Place the peppers open-side up on the baking dish. Cover with the tops of the peppers. Bake covered for 30 - 35 minutes.

Note: Use this to stuffed tomatoes as well. Bake or have raw. For raw dish, omit mushrooms and canned tomatoes. Do not sauté any vegetables. Serve at room temperature with vegan Parmesan or Smoky Chipotle Sauce.

The Corn'y Bean Salad is also a wonderful pepper filling.

If you do not have an Italian seasoning blend, use ½ teaspoon each of 3 or 4 of these - basil, thyme, oregano, sage, or marjoram.

Abbreviations: C = cup; oz = ounce; Tbsp = tablespoon; tsp = teaspoon

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