



# Vegetarian Stuffed Pepper

RECIPE COURTESY HAPPILYUNPROCESSED.COM



## INGREDIENTS

Yield: 8 Stuffed Peppers

### FOR THE RICE:

- 1 cup organic brown rice (I use ShopRite brand)
- 1/2 cup organic black rice (or 1 1/2 cups wild rice)
- 1 1/2 cups organic vegetable broth
- 1 cup tomato sauce
- 1 teaspoon cumin
- 1/2 teaspoon ea smoked paprika, garlic powder, salt
- 1/4 teaspoon pepper

### FOR THE STUFFING:

- 1/2 cup finely diced organic onion
- 1/4 - 1/2 cup finely chopped organic bell pepper
- 3 cloves organic garlic, minced or pressed
- 1/4 teaspoon cumin
- 1/4 teaspoon salt and pepper
- 1 cup finely chopped organic mushrooms
- 1/4 cup finely chopped organic zucchini
- 1/2 (15 oz) can organic red kidney beans drained and thoroughly rinsed Cheese of choice (optional)

## DIRECTIONS

### FOR THE RICE:

Preheat the oven to 375 degrees F. Get a square baking dish and 2 pcs of alum foil. Add the rice. Add the spices to the rice and stir to combine. Heat the broth as well as the sauce. It doesn't have to be boiling, but hot and add that as well. Cover tightly with the foil and put it on the middle rack. Bake for 1 hour. When the rice is done, fluff it with a fork and cover it loosely with a clean kitchen towel for 10 minutes.

### FOR THE STUFFING:

In a small saute pan, over low/medium heat add enough oil to coat the pan (1 Tablespoon) and saute the onions for 2 minutes. Add the peppers and saute another 2 minutes. Season with salt and pepper Add the garlic and cumin, saute for 30 seconds. Add the mushrooms and zucchini. Cook until the mushrooms release their liquid and are absorbed again. Add the red kidney beans. Stir to combine and take off the heat. Add the rice to this mixture. The stuffing can be refrigerated at this point if preparing this dish ahead of time. 5.

### TO STUFF:

Slice the tops off 4-8 bell peppers. I used red and green. Pull out the inside seeds and very thinly slice the bottom of the pepper so it will stand upright without rolling. Place the peppers in a bread loaf pan. Fill the pepper halfway with stuffing, add cheese if you want (I used Havarti). Continue filling. Place the pan on the middle rack of a 350 preheated oven and pour 1/2 cup boiling water into the pan. Cover with foil and bake 40 min. Remove the foil and top with cheese (optional) and let it melt another 5 minutes. Serve hot.