

Stuffed Peppers

A delicious entre made more so with roasted potatoes and a Greek salad on the side.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 60 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Green bell peppers, raw	4 medium - 2 1/2" diameter x 2 3/4"
Jasmine rice, jasmine	1 x 3/4 cup
Wild rice, uncooked	32 grams
Onion, white, yellow or red, raw	1 small
Garlic, fresh	4 clove
Tomato raw (includes cherry, grape, roma)	1 large - 3" diameter
Oregano, ground	1 teaspoon
Thyme, ground	1 teaspoon
Cumin, ground	1 gram
Turmeric, ground	1 teaspoon
Basil, fresh	1 teaspoon
Parsley, fresh	4 tablespoons
Salt, himalayan (pink)	1 gram
Black pepper, ground	1 dash

Instructions

- 1) Grate/mince tomatoes, onion, garlic.
- 2) Pour the rice into a large bowl. Add grated veggies. Add the spices and herbs.
- 3) Add enough water to cover the mixture. Let sit for about 10 minutes.
- 4) Cut a cap in the peppers. Remove all the seeds—stuff 3/4 of the way with the rice mixture. If the mix is dry, add more water. Replace cap.

5) In a lightly oiled oven pan or dutch oven, place the rice stuffed peppers. Make sure you have a lid or use foil wrap. If you're making roasted potatoes, also add the potatoes into the oven pan. If you don't want to use oil, use some watered-down tomato sauce instead of oil.

6) Bake for 1 hour.

7) Serve with a Greek Salad and roasted potatoes.