

# Stuffed Vegetable Rice Bake

Loaded veggies and rice dish.

## Categories

Gluten-free

Yields: 8 servings

Preparation time: 50 mins

Cooking time: 45 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



## Ingredients

Organic green lentils	2 x 0.25 cup
Garlic, fresh	3 clove
Brown rice, uncooked	0.75 cup
Bay leaf	2 tablespoon
Eggplant, raw	1 medium
Green bell peppers, raw	1 large - 3" diameter x 3 3/4"
Yellow bell peppers, raw	1 large - 3" diameter x 3 3/4"
Lima beans, cooked from frozen	1 cup
Onion, white, yellow or red, raw	2 small
Olive oil	2 tablespoon
Extra hot red pepper flakes	2 x 0.25 tsp
Salt, sea salt	0.5 teaspoon
Walnuts	1 cup
White wine, other types	0.5 cup
Parsley, fresh	0.5 cup
Cumin, ground	0.5 teaspoon
Apricot, dried, uncooked	7 half
Nutritional yeast flakes	2 x 1/4 cup
Flax seeds, fortified	3 tablespoon

Kale, raw	4 cup
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## Instructions

### Part 1:

1. Boil the brown rice with a little bit of salt, al dente, not mushy, approx., 30min. Drain, Put aside.
2. Boil the green lentils with the Bay leaves and a pinch of salt. Boil approx. 20 to 25min, or until cooked, firm, not mushy. Drain and put aside.
3. In a skillet stir fry the onions until soft, with 2 tablespoon of olive oil. Add eggplant, chopped small, chopped green and yellow peppers. Stir fry till softened. Add lima beans, hot pepper flakes, and salt.
4. In a small to medium pot, put wine, minced garlic, chopped parsley and a pinch of salt. Cook on the stove top for a few minutes until boiled. Then add the strained rice inside the pot and mix with a spoon to allow rice to take flavor. Add salt to your taste if you want more.

### Part 2: Assembly.

5. To put together, in a large bowl add the cooked rice, cooked drained lentils (discard the bay leaf), and cooked vegetables. Combine gently with spoon and then add walnuts (chopped roasted or raw), and 3 tbsp of ground flax seeds. If you buy whole flax seeds, you can grind them in a coffee grinder or you can buy flax seeds already ground.
6. Add the (chopped up) apricots.
7. Add in cumin. Mix with spoon.
8. De stem kale leaves, wash. In a small pot boil water and when it reaches boil close the stove top. Add the half Bunch or approximately 4 cups of kale inside the pot of water. Let it sit in the boiled water for a minute or 2 until softened. Strain the kale.
8. Take a glass dish or oven dish, 8 by 10. Add cooking spray to dish. Drizzle with olive oil. Also sprinkle coarse salt inside the dish.
9. Take pieces of kale (1/2) and line the dish with the kale.
10. Add half of the rice combination from the bowl, pat on top of kale. Sprinkle nutritional yeast as much as you want on top e.g. 3 tbsp or more
11. Drizzle olive oil on top, maybe 1 tbsp.
12. Add the rest of the rice on top and make it level. Sprinkle more nutritional yeast on top of rice Take the rest of the kale and add it on top of the rice. Pat it down so it is covering the rice. Another couple tablespoons of nutritional yeast, sea salt if desired and 1 more drizzle of olive oil if desired.
13. Cover with aluminum foil. Preheat oven to 375 degrees Fahrenheit and bake for 45 minutes.
14. Remove foil and serve with serving spoon.