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Stuffed Peppers in Rich Tomato Sauce (Vegetarian)

4 bell peppers, your choice of colour, cut top off ½ inch. Clean out seeds and membranes.

For Rice:

1 cup mix of rice(s) of your choice, we used brown and white basmati, follow the package instructions using 1 cup water and 1 cup plain tomato sauce for your liquid.

1 heaping teaspoon herbes de provence

1 to 2 teaspoons garlic powder

For stuffing:

1 to 2 cups mixed vegetables, we used fresh green beans, frozen organic corn, and frozen organic peas

1 onion, chopped

1 heaping teaspoon herbes de provence

1 to 2 teaspoons garlic powder

1 teaspoon smoked paprika (optional)

2 teaspoons whole or ground cumin seeds

1 15 oz can kidney beans

1 cup cheese, shredded or ½ inch cubes, we used a prepared mix of mozzarella, provolone, and parmesan. Sharp cheddar is awesome too.

For Tomato Sauce:

28 fl oz can of tomatoes, pureed, use the rest of the can from above.

1 teaspoon garlic powder

2 teaspoons herbes de provence

1 teaspoon cumin, ground

Himalayan pink sea salt and fresh black pepper, to taste

Pre-heat oven to 350F/180C.

Prepare bell peppers by removing the seeds and white insides. Leave the tops of the pepper intact as in video.

Fill the peppers by adding the rice mixture to the peppers (you will have a bit of rice mixture left over).

Simmer rice on medium-low heat with water, plain tomato sauce, and herbs.

While the rice is cooking, in 1 tablespoon extra virgin olive oil, sauté onion and garlic until soft. Add the dried herbs, Stir for about a minute to combine.

When the rice is cooked, add onion mixture, the beans, corn, peas, kidney beans, cheese. Season with salt and pepper.

When rice is cooking, prepare a Dutch oven or large pot (as in video) by adding tomato sauce and spices to the bottom of the pot.

Stuff the peppers, place the top on, hold together with a toothpick or skewer.

Arrange the stuffed peppers on the tomato sauce, side by side in the pan.

Cover and bake in the oven for 1 hour.

Smother the stuffed peppers in the thick tomato sauce from the bottom of the pot.