



HEATHER'S HEALTH HABITS
RECIPES

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VEGAN STUFFED PEPPERS

by Heather's Health Habits

Serving Size: 2

Ingredients

- 2 Green Peppers
- 1 cup water
- 1/2 cup white rice
- 1/2 - 3/4 cup Quorn (or other meat substitute)
- 3-4 mushrooms (white button or baby bella)
- 1/2 cup frozen chopped spinach
- 1/2 cup diced onion
- 1/4 - 1/3 cup tomato sauce
- To taste: onion powder, garlic powder, salt & pepper

PREPARATION: 20 MIN

COOKING: 25 MIN

READY IN: 45 MIN

Directions

1. Preheat the oven to 350 degrees.
2. Cook the white rice. *My method:* heat 1 tablespoon olive oil in a small pan that has a lid. Start to boil 1 cup water. When the olive oil is shimmering, pour the white rice into the pan. Saute for 2-3 minutes. When the water is boiling, pour 1 cup of water over the rice. Be careful! There will be hot steam! Put the cover on the rice & cook on low for approx. 20 minutes - stirring occasionally.
3. While rice is cooking, saute the diced onions in 1 tablespoon of olive oil about 3-5 minutes until softened. Add mushrooms & Quorn. Cook until mushrooms release their liquid & Quorn is cooked through. About 5-7 minutes.
4. Combine the cooked rice & veggie mixture in a bowl. Add tomato sauce & spices. Mix well.
5. Cut the peppers in half & remove the seeds & membranes. Stuff the peppers.
6. Place the peppers in a casserole dish & add 1/2 inch of water. Tightly cover with aluminum foil.
7. Cook at 350 degrees for 20-25 minutes.

Note: The size of each pepper will affect how much filling can be put into each. If there is filling left over, it can be used on the side of the peppers or cold on top of a mixed green salad!