

STUFFED PEPPERS



INGREDIENTS – *serves 4*

4-6 Bell Peppers (I used red, yellow, and orange)

FOR THE “MEAT,” 2 Portobello mushrooms & 8oz. tempeh

½ onion, diced

14.5 oz. can diced tomatoes

¾ tsp. Worcestershire sauce (vegan & GF

http://www.edwardandsons.com/sauces_shop_wizards.itml)

⅔ c. uncooked rice (I used ⅓ cup & plan to double it next time)

½ c. vegetable broth

⅔ c. shredded Daiya cheese

Pasta Sauce

salt and pepper to taste

Preheat oven to **350 degrees F.**

Bring a large pot of salted water to a boil. Cut the tops off of the peppers and remove the seeds. Cook the peppers in boiling water for 5 minutes.

Note: *Once you add the peppers to the boiling water, the water will cool down and stop boiling. You will need to wait for the water to boil again and then set the timer for 5 minutes.*

Remove peppers and drain in a colander over the sink. I like to drain the peppers upside down in the colander; otherwise the water will just sit in the bottom of the pepper and not drain out.

Place the drained peppers in your baking dish and sprinkle salt inside of each pepper and set aside.

Loosely chop the Portobello mushrooms and place them in the food processor. Process until they resemble the texture of ground beef. Do the same with the tempeh.

In a large skillet, sauté the Portobellos, tempeh, and onions for 5 minutes until the liquid cooks off. Stir in the tomatoes, rice, water and Worcestershire sauce. Cover and simmer for **15 minutes**. Remove from heat and stir in the cheese. Season with salt and pepper.

Fill the prepared bell peppers with the mixture and top each off with the pasta sauce.

Bake covered for 25 to 35 minutes.

Allie likes to serve these Stuffed Peppers over mashed potatoes...I served mine with a nice slice of gluten free bread from Sammi's Bakery.