

# Vegetarian STUFFED Peppers



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*Total Time: Prep: 25 min | Cook: 1 hr 15 min | Yield: 6 servings*

Stuffed peppers take a little longer to prepare, but they're worth it. They can be frozen individually, so they make a great grab-and-go lunch. If you have any of the stuffed pepper filling left, toss it in a whole wheat wrap or on top of some greens for a Mexican salad.

#### **Ingredients:**

- 1 8-ounce package cracked freekeh (approx 1 cup) (use Original, Tamari, or Rosemary Sage variety of Freekeh)\*
- 2 1/2 cups water or vegetable broth
- 4-6 sweet peppers, sliced in half and seeds removed
- 1 15-ounce can Aduki beans, or pinto beans
- 1 12-ounce jar of your favorite salsa
- 2 tablespoons tomato paste
- 6-8 cloves of garlic, chopped
- 1 small onion, diced
- 2 limes, juiced
- 1/2 bunch of fresh cilantro
- 1 1/2 cups corn, fresh or frozen, thawed
- 2 cups grape tomatoes, sliced in half
- salt and fresh cracked pepper to taste\*

#### **step 1** - preparing the peppers

Add about 2 inches of water to a large pot and bring to a boil. Reduce heat to low and add in the sweet peppers. Cover and cook for about 4-5 minutes until they're slightly soft. Remove peppers from pot and set aside to cool.

#### **step 2** - preparing the stuffing

Pour 2 1/2 cups water and the freekeh in a saucepan and bring to a boil for about a minute. Reduce heat to medium. Stir in tomato paste, onion and garlic. Cover and simmer for about 25 minutes until the freekeh is tender. In a large bowl, add freekeh and all ingredients except the steamed peppers, stir and set aside.

#### **step 3** - stuffing the peppers

Place the peppers in a 9 x 12 casserole dish. With a large spoon, carefully fill the peppers. The contents can come up above the edge of the pepper. Pour about 1/4 inch of water in the dish and place in preheated oven. Cook for about 30 minutes. option: Sprinkle grated low-fat pepper jack cheese on top of the peppers after 20 minutes and continue to cook 10 minutes more.

\* available at Molbeck's