

Stuffed Bell Peppers



Prep:

15 minutes

Total:

30 minutes

Makes:

5 - 8 peppers, 1 pepper per serving

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

3.5 Qt. Double Walled Bowl

Rate ★★★★★

Recipe:

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Recipe Description:

These stuffed bell peppers can make a complete meal or be paired with pasta and marinara sauce. They are an excellent source of vitamin C, fiber and antioxidants. This dish is also cholesterol free and low fat!

3 - 4 Roma tomatoes (1 tomato for every 2 peppers)

½ cup
water

(120
mL)

1 ½ cups

cooked beans or vegan ground meat substitute (optional)

(260
g)

5 - 8 medium bell peppers (green, red or orange)

Directions:

1. In double walled bowl, combine all ingredients except tomatoes, water, beans (if using) and bell peppers. Stir until well mixed and set aside.
2. Cut the stems out of the peppers and gently scoop out seeds and membrane.
3. Spoon mixture into peppers, dividing evenly among them and pack the stuffing tight.
4. Cut the tomatoes in half and place each half in the top of one stuffed bell pepper, like a "cork".
5. Pour water in skillet and place stuffed peppers upright in the pan.
6. Cover and cook over medium heat. When Vapo-Valve™ clicks, turn heat to low and cook for 20 minutes until peppers reach desired tenderness.

Nutritional Information per

▼ Serving

Calories: 286

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 562mg

Total 59g

Carbs:

Dietary Fiber: 13g

Sugar: 10g

Protein: 11g

Analysis includes cooked beans