

Stuffed Peppers – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 50 minutes
Total Time: 60 minutes

Serving Size: 8
Calories per serving: 296
Fat per serving: 3 grams

Ingredients

- 8 large red bell peppers
- 3 cups brown rice
- 4 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1 (1-pound) package white button mushrooms, diced
- 2 celery, diced
- 1 medium onion, diced
- 2 teaspoons ground allspice
- 1 cup frozen leaf spinach
- 1 teaspoon ground cinnamon
- 2 tablespoons nutritional yeast flakes
- 1 teaspoon lemon juice
- Black pepper, to taste
-

Instructions

1. Preheat oven to 350° F.
2. Cut the top of the bell peppers, and scoop out the insides. Set the bell peppers aside.
3. Cook the brown rice on high heat with 4 ½ cups of hot water, for 10 minutes and then cover with a lid.
4. Start reducing the heat and stir occasionally, for another 10-15 minutes, then set aside with the lid on.
5. In a large skillet, place the chopped onion, mushrooms, and celery, with 2 tablespoons of low sodium vegetable broth, and cook over medium-high heat.
6. Add remaining vegetable broth, with allspice, nutritional yeast, ground cinnamon, and frozen spinach.
7. Stir occasionally for another 2 minutes, add pepper, to taste. Mix it all with the cooked brown rice, and stuff the bell peppers.
8. Set the stuffed bell peppers in a baking dish and bake for 15-20 minutes. Spread some lemon juice on top and serve hot.

Notes

Nutrition facts (per serving): Calories: 296, from fat: 27, total fat: 3g, cholesterol: 0mg, sodium: 30mg, total carbohydrate: 62g, fiber: 6g, sugar: 0g, protein: 8g.