

ONE BITE

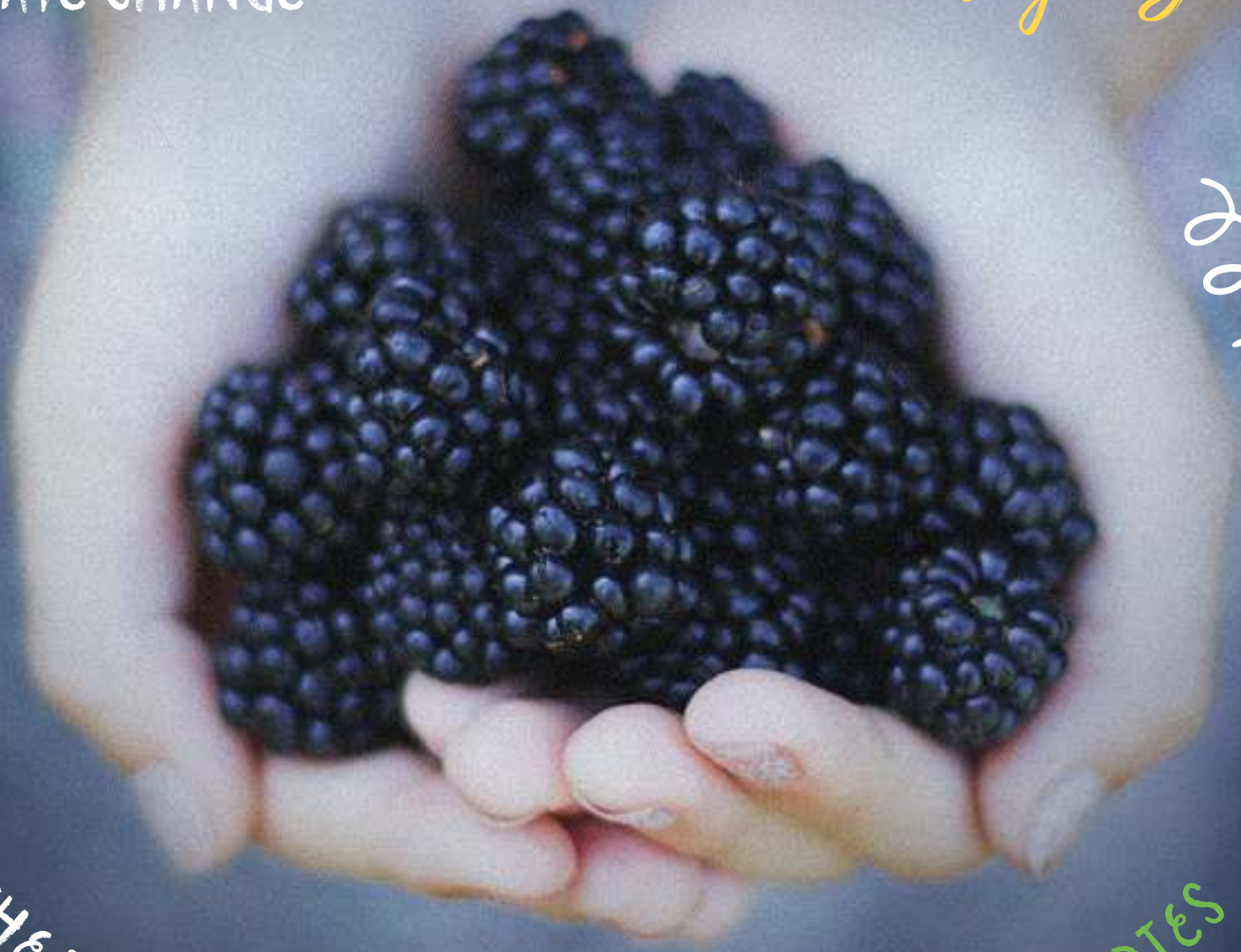
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Vegan Stuffed Peppers

By Monica Davis

These classic vegan stuffed peppers are as delicious as they are pretty. Whether you are making a fancy dinner or prepping easy weeknight meals these stuffed peppers are the answer! This recipe is super versatile and will work with any protein like vegan beef crumbles, vegan sausage, lentils or beans, and any grain like quinoa, rice, or couscous! So you can make them different every time!

PREP TIME:
15 mins

COOK TIME:
1 hr

SERVINGS:
8

CALORIES:
222 kcal

INGREDIENTS

- 8 medium bell peppers
- 1 tbsp olive oil
- 1 medium onion diced
- 1 cup diced veggies of choice like mushrooms, carrots, or broccoli. (Optional for extra nutrients).
- 1 tbsp Italian seasoning
- 2 cup vegan Italian sausage or any other vegan protein you choose like crumbles or cooked beans or lentils.
- 2 cups cooked short-grain brown rice or quinoa, couscous, millet, or any other grain of choice.
- 1 24 oz jar of spaghetti sauce or 3 cups of crushed tomatoes.
- 1 ½ cup vegan cheese
- ½ tsp salt or to taste



Monica Davis

Monica is the blogger behind thehiddenveggies.com. With over 19 years of vegan cooking under her belt, her blog shares all the best recipes that will feed a hungry family. Monica's mission is to help others wanting to transition veganism by showing them that they don't have to give up their favourite comfort foods.

Website: thehiddenveggies.com

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INSTRUCTIONS

1. Preheat the oven to 375° F.

PREP THE PEPPERS

1. Wash the peppers and cut off the top inch of the pepper and stem and clean out the seeds and white membrane left inside the pepper.
2. Dice the cut tops of the peppers into small pieces.

MAKE THE FILLING:

1. Wash the peppers and cut off the top inch of the pepper and stem and clean out the seeds and white membrane left inside the pepper.
2. Turn up the heat to medium and add the diced pepper tops and Italian herb seasoning then cook for about 3 more minutes.
3. Add the protein of choice, like "beef" crumbles, vegan Italian sausage, beans, or cooked lentils and saute for a few more minutes.
4. Add a grain of choice like rice, quinoa, or couscous and stir well.
5. Pour in a jar of spaghetti sauce to the cooked veggies and protein.
6. Add 1 cup of vegan cheese and stir well.
7. Arrange your peppers in a baking dish and fill with the mixture.
8. Top with the remaining 1/2 cup of vegan cheese.

BAKE THE PEPPERS:

1. Cover your dish with foil or a lid and bake covered for 35 minutes.
2. Take out of the oven and take off the foil, then put back in the oven for 10 more minutes.