

# Vegetarian Stuffed Peppers

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## INGREDIENTS

### *Roasted peppers*

Peppers 4, halved, emptied.

Olive oil 1 tbsp

Fine salt and freshly ground black pepper, for sprinkling

### *Filling and topping*

Rice 100g

Olive oil 2 tbsps

Onion, 1 large yellow chopped

Salt, 1/2 tsp, to taste

Cherry tomatoes, 568ml, halved or quartered if large.

Cilantro, 250ml chopped fresh plus more for garnish.

Garlic, 4 cloves, pressed or minced.

Chili powder, 1 1/2 teaspoons

Ground cumin, 1 teaspoon.

Pinto beans, 1 can, rinsed and drained.

Black pepper

Lime juice 1 tbsp.

Cheddar 115g.

Optional garnishes: Sliced ripe avocado or [guacamole](#), perhaps a drizzle of [cilantro-hemp pesto](#), [red salsa](#), sour cream or [vegan sour cream](#)

## INSTRUCTIONS

1. *Put the rice on.*
2. *To roast the peppers:* Preheat the oven to Gas 7. Place the halved peppers on a rimmed baking sheet lined with parchment paper. Drizzle 1 tbsp olive oil over the peppers and sprinkle them with salt and pepper. Use your hands to rub the oil all over both sides of the peppers, then arrange them with the cut sides facing up.  
  
Bake for 20 to 25 minutes, until a little blistered around the edges and easily pierced through by a fork. Set aside. Leave the oven on for baking the peppers.
3. *Prepare the filling:* In skillet, fry the onion and 1/2 teaspoon of the salt until tender (5 minutes-ish), add the tomatoes and cook until they're lightly squishy, another 5 minutes or so.
4. Add the cilantro, garlic, chili powder and cumin. While stirring, cook until the garlic is fragrant, about 30 to 60 seconds.

5. Remove the pot from the heat and add the rice, beans, lime juice and about 10 twists of black pepper. Stir to combine, then season with additional salt (I usually add  $\frac{1}{4}$  teaspoon) and black pepper, to taste.
6. To stuff the peppers, first pour off any excess juice pooled within the peppers. Then stuff each pepper generously with the rice mixture (if the peppers were truly large, you should have just the right amount of filling—if you have extra, save it to serve as a side dish). Top the peppers with the cheese.
7. Bake at Gas 7 for 12 to 13 minutes, until the cheese is golden in spots. Serve warm with fresh cilantro leaves on top or any other garnishes of your choice.

Leftovers keep well in the fridge, covered, for up to 4 days. I believe they would freeze well for several months, but haven't tried to be sure.