

Stuffed Peppers

A favorite from the kitchen of Donna Pearson

4 medium colored peppers

(red, orange, yellow, and/or green)

- Cut stem ends and remove seeds.
- Combine the following ingredients in a bowl:



1 Tbsp chopped sweet onion

½ tsp parsley flakes

2-3 Tbsp soy sauce

¼ tsp basil (or more to taste)

(fresh basil is better; use more)

1 can fire roasted tomatoes with garlic

Salt and pepper to taste

- Add to above mixture:

1 Cup canned or cooked black beans

½ Cup whole-kernel corn

½ Cup green peas

½ Cup cooked quinoa (or brown rice)

Optional ingredients that could be added: mushrooms, salsa, cilantro, onion powder, garlic powder, chili powder, other favorite seasonings.

- Stuff peppers.
- Arrange in crock pot and cook on low 6-7 hours or on high 3-4 hours OR
- Bake in oven at 350 degrees for 30 minutes, or until peppers are tender.

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