

STUFFED PEPPERS

Prep Time: 10 minutes

Cook Time: 15 minutes

Included in Box:

- 1 c. brown rice, cooked
- ½ c. lentils, cooked

Additional Ingredients Needed:

- 2 medium bell peppers, tops cut off and seeded
- 1 small onion (~½ c.), diced
- 1 c. low sodium vegetable broth
- 1 tsp ground cinnamon or cumin

Directions:

1. Place peppers cut-side down in microwave safe baking dish. Add ½ inch water to dish and cover. Microwave on high for 3-5 minutes. Drain water.
2. Add ¼ c. water and onion to skillet over medium-high heat; cook until translucent (3-4 minutes). Add cinnamon, cooked brown rice, lentils and ¼ c. vegetable broth (or water); cook for 1 minute and remove from heat.
3. Spoon rice mixture into peppers and add remaining broth to dish. Cover and microwave on high for 2-3 minutes.

Tip: Add cooked carrot, diced zucchini, celery or mushrooms to rice mixture for additional flavor!



Nutrition Facts*

Total Servings: 2
Serving Size: 1 pepper
Calories: 228
Fat: 1 g
Sodium: 171 mg
Carbohydrates: 46 g
Fiber: 10 g
Protein: 8.5 g
Carbohydrate Servings: 3

**Nutrient facts include cooked medium grain brown rice, cooked lentils, fresh red bell pepper (medium, 2 ¼" x 2 ¼"), small white onion, low sodium vegetable broth, and ground cinnamon.*