

Stuffed Peppers

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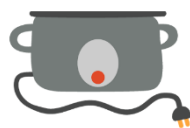
RECIPE

This is an easy, delicious low-cost supper recipe with the sweet flavour of roast peppers. You can prepare this in a slow cooker or bake it in the oven.

INGREDIENTS

- 🍅 4 whole peppers any colour, halved lengthways with seeds and pit removed
- 🍅 100 g cheese grated (optional)
- 🍅 1 tablespoon olive oil
- 🍅 1 can of kidney beans (can use corn or peas)
- 🍅 1 medium red onion peeled and chopped
- 🍅 1 teaspoon herb or spice of your choice. Can use oregano or cumin, chilli flakes (optional)
- 🍅 2 cloves garlic
- 🍅 Salt and pepper
- 🍅 1 can chopped tomatoes

- 🍅 2 cups rice (cooked)



DIRECTIONS

🍅 Step 1

Preheat the oven to gas 4, 180°C, fan 160°C. Halve and deseed the peppers. Put it all in a large roasting tin, drizzle with 1 tbsp oil and season with salt and pepper. Roast for 30 mins, or until tender. (Skip this step if you are using a slow cooker. Can halve and deseed the peppers and leave it aside)

🍅 Step 2

While the peppers are roasting make the filling. Heat 1 tablespoon olive oil saucepan and fry the onions until soft. Add the garlic and cook further for a minute. Add herbs or spices, chopped tomatoes and salt. Cook for 5 minutes and add the kidney beans (peas or corn), cooked rice and mix it well.

🍅 Step 3

Fill each of the pepper halves with the rice mixture. Top the peppers with cheese if using and bake in the oven for 10 minutes. If using a slow cooker, add a little water to your slow cooker and stand the peppers up on their bases in the water. Cover the slow cooker and cook on low for 6 hours or on high for 3 hours. Once the peppers are tender, remove the lid, and sprinkle the peppers with cheese. Cover the slow cooker and let sit for a few more minutes until the cheese is melted.



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