

Granite Bay Hilltop SDA Church Recipe of the Month:
December 3, 2021

Holiday Stuffed Bell Peppers

2 Tbsp Olive Oil (divided)
1 15-ounce Can Roasted Diced Tomatoes (don't drain)
1 Small Yellow Onion
3 Tbsp Nutritional Yeast
½ Cup French Green Lentils
4 Large Bell Peppers (Red and Green)
½ Cup Uncooked Quinoa
2 Tbsp Chopped Fresh Basil or Parsley or Mix
2 tsp Italian Seasoning
½ tsp Kosher Salt
¼ tsp Red Pepper Flakes
2 Cloves Garlic
1 Cup Low Sodium Vegetable Broth

Directions:

Heat 1 tablespoon of the oil in a large, sturdy-bottomed pot over medium heat. Add the onion and cook for 5 minutes, or until the onion is beginning to soften, stirring occasionally. Add the Italian seasoning, kosher salt, red pepper flakes, and garlic. Let cook just until the garlic is fragrant, about 30 seconds.

Add the lentils, quinoa, broth and fire-roasted tomatoes. Bring the mixture to a boil, then reduce heat to low. Cover and simmer for 25 to 28 minutes, or until the lentils are tender. Stirring occasionally. If the mixture looks too dry, splash in additional broth or water. Stir in the nutritional yeast.

While the lentils and quinoa cook, preheat your oven to 400* F. Slice off the top of the bell peppers. Remove the seeds and membranes then arrange cut side up in a 9x13 baking dish. Drizzle the insides with the remaining 1 tablespoon oil and sprinkle lightly with salt. Carefully pour a thin layer of water into the bottom of the pan. Place in the oven and bake, uncovered, for 20 minutes.

Carefully mound the cooked filling inside of the peppers. Return the pan to the oven and bake for 5 to 10 additional minutes, until the peppers are completely tender and the filling is piping hot. Sprinkle with fresh basil or parsley or a mix of both and enjoy!