

MOT more of this  
LOT less of that

## Vegetable Stuffed Peppers

Colorful, meatless, and nutrient dense!

Serves: 4 with leftovers

Total time: ~ 60 minutes

### Ingredients

- 6 large bell peppers (any color), tops cut off and seeds removed
- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 can white beans, rinsed and drained
- 1 cup zucchini, diced
- 1 cup yellow squash, diced
- 8 oz. package mushrooms, sliced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- generous pinch red pepper flakes
- 1/4 cup fresh chopped parsley
- 1 can (14oz.) tomato sauce
- 1 cup cooked quinoa (or rice)
- Shredded mozzarella or cheddar, if desired
- Sea salt & pepper, to taste

### Directions

1. Preheat oven to 350 degrees F.
2. In a large skillet, heat oil over medium heat, add onion, and garlic, saute for 5 minutes. Add the white beans, zucchini, yellow squash, mushrooms, oregano, basil, red pepper flakes, parsley, salt and pepper, and tomato sauce, cook for 2 minutes or so. Add quinoa or rice and mix to combine. Remove from heat.
3. Fill each bell pepper with vegetable mixture, making sure to pack it well.
4. Put about 1 inch of water in a baking dish; a 9x13 pan works. Cover with foil.
5. Add optional cheese on top, cover the baking dish with lid or tin foil, and bake on the center rack for 35 – 40 minutes. Remove cover, top with optional grated cheese and bake for another 5 – 10 more minutes. Cooking times vary, adjust to suit your needs.
6. Once done, let cool a few minutes and serve with a sprinkle of freshly chopped parsley.
7. Store leftovers, covered, in the refrigerator for 4 – 5 days.

Recipe adapted from [Simple Veganista](#)

**Mary-Beth says:** "Peppers stuffed with other vegetables, beans and whole grains make for a delicious meatless meal!"