



Makes 6 stuffed peppers
Preparation Time: 30 minutes
Cook Time: 1 hours

INGREDIENTS:

¾ cup dry instant brown rice
1 cup finely chopped onion
3 cloves garlic, minced
1 cup cooked black (beluga) lentils, rinsed and drained
1 medium zucchini (8 oz.), chopped
⅓ cup chopped raisins
½ cup chopped fresh mint
¼ cup chopped fresh dill or 2 tablespoons dried dill
6 medium orange bell peppers
4 tablespoons lemon juice

Vegan Stuffed Peppers with Lentils and Herbed Rice

If you like stuffed grape leaves, you'll love the tangy filling for these **bell peppers** that conjure up daydreams of vacationing on a Greek island. The savory black **lentil** mixture is studded with sweet raisins and infused with the Mediterranean flavors of mint and dill. The recipe calls for instant **brown rice**, but you can use any kind. Simply adjust the cooking time and water amounts to the directions on the package. Then get ready to dig in!

Tip: If you want to make extra stuffed peppers, you can freeze them in aluminum baking pans that go straight into the oven for reheating.

By Mary Margaret Chappell

- 1 Preheat oven to 375°F. In a medium saucepan combine rice, onion, garlic, and 2 cups water. Bring to boiling; reduce heat. Cover and simmer 10 to 12 minutes or until liquid is absorbed. Remove from heat. Stir in the next five ingredients (through dill) and 2 tablespoons of the lemon juice.
- 2 Meanwhile, cut off pepper tops; set aside. Remove seeds and membranes from peppers. Place peppers snugly in a 4-qt. Dutch oven or a deep, lidded ovenproof pan.
- 3 Spoon rice mixture into peppers. Place tops on peppers, then pour the remaining 2 tablespoons lemon juice and ¼ cup water into bottom of pot. Cover and bake for 1 hour. Serve peppers warm or at room temperature with pan juice drizzled over top.