



Makes 6 large stuffed peppers
Preparation Time: 20 minutes
Cook Time: 1 hours

INGREDIENTS:

6 large bell peppers
1 large onion, diced
3 small zucchini, peeled and diced
3 medium carrots, peeled and diced
1 cup low-sodium vegetable broth
3 cups cooked brown rice
5 tablespoons no-salt-added tomato paste
¾ cup chopped fresh parsley
¾ cup chopped fresh dill
1 lemon, juiced
¼ teaspoon ground black pepper
Herbamare or sea salt to taste

Greek Stuffed Peppers

Whenever I make these stuffed peppers my dinner guests rave about them! It's such a great way to use up leftover brown rice and it makes such a beautiful addition to any meal. You can also freeze these by slicing the peppers in half and storing them in airtight containers for reheating later on.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

<https://www.youtube.com/watch?v=fDMZXjjk9bY>

By Veronica Grace

- 1 Preheat oven to 350° F.
- 2 Cut around stem of peppers like you would cut a jack-o-lantern top, retaining the top with stem. Remove seeds carefully and wash and dry thoroughly.
- 3 Place peppers upright in an oven-safe baking dish and put tops back on. Bake at 350° F for 30 minutes.
- 4 Meanwhile in a large nonstick skillet, saute onions, zucchini, and carrots in vegetable broth for 5 to 6 minutes. Add rice and tomato paste; still well to combine.
- 5 Add parsley, dill, lemon juice, and pepper; stir to combine. Season to taste with Herbamare or sea salt.
- 6 Remove pepper from oven, remove the tops, and spoon filling into each pepper. Place tops back on peppers and bake filled peppers for 30 to 40 minutes, or until peppers are tender.
- 7 Serve with additional wedges of lemon and dill for garnish if desired.