

"UN-STUFFED" BELL PEPPER SKILLET

This Unstuffed Bell Pepper Skillet has all the flavors we love in a classic stuffed pepper recipe, but faster and simpler—and vegan! We have all the usual suspects of a stuffed pepper; bell peppers, rice, beans, and spices but unlike stuffed peppers numerous steps, we've turned it into a one-pot meal!



Photo from thekitchn.com

Ingredients

- 1 onion
- 2-3 small eggplants
- 1 lb tomatoes
- 2-3 bell peppers
- 1 - 15 oz can black beans
- 2 Tablespoons olive oil
- 2-3 garlic cloves
- 2 Tbsp Italian seasoning
- 1 cup brown rice
- 2 1/2 cups water
- Salt and pepper to taste
- 1-2 cups shredded cheese (optional)

Equipment:

- Large oven-safe skillet and lid

PREPARATION: 10 MIN

COOKING: 35 MIN

READY IN: 45 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 375 degrees.

1. Dice **onion, eggplant, tomatoes, and bell peppers**. Mince **garlic**. Drain and rinse **black beans**.
2. Heat **olive oil** in a large skillet over medium heat. Add the diced **onion and eggplant** and cook until soft and translucent, about 5 minutes. Add **garlic, Italian seasoning**, and a pinch of salt and pepper. Cook for another 1 minute. Remove from heat.
3. Stir in tomatoes, bell peppers, black beans, and rice. Add 2 1/2 cups water and mix well. Cover tightly with tin foil and fitted lid and bake for about 45 minutes or until rice is cooked.
4. Carefully remove the foil and sprinkle cheese over the top (optional). Cover again and bake another couple minutes so the cheese melts. Enjoy!

Make a side salad! Chop some romaine and use the salad dressing from last week's recipe! Double the dressing recipe and store in the fridge for weeks!

Tips, Tricks, and Terms

Plant protein for the win!



Protein is an important part of a complete and healthy diet. You can get protein from a variety of *non animal* plant-based sources! Plant-based foods like whole grains, beans, and other vegetables have many essential amino acids humans need. These foods are called *complementary proteins*.

Rice and beans are a common and delicious *complementary protein* pair. You'll find this combination in your skillet pepper dish! Other great combinations include peanut butter and whole wheat bread, cashews and a veggie, or quinoa and veggie stir fry!



A little about...

DICE: to cut into small pieces, usually 1/4 to 1/8 inch chunks

TRANSLUCENT: (of onions) unlike when frying onions, you should be able to see through them. Cooking to translucence eliminates some of the onion acidity and keeps the taste!

MINCE: A very tiny knife cut (as small as possible). Resulting pieces are very fine and mix easily into the dish, most commonly used with garlic.



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