

Stuffed Bell Peppers

Prep: 25 min
Cook: 105 min
Serves: 8

Ingredients:

- 1 cup brown rice, uncooked
- ½ cup lentils, uncooked
- 1 ½ cups chicken stock
- ¼ teaspoon salt
- ½ teaspoon thyme, crushed using a mortar and pestle
- 8 small bell peppers, tops removed and seeded
- ⅔ cup water chestnuts
- ¼ cup fresh parsley, finely chopped
- 6 garlic cloves, minced
- 1 large onion, finely chopped
- 1 stalk celery, without leaves, finely chopped
- 2 small carrots, finely chopped
- 2 cups mushrooms, finely chopped
- 1 tablespoon margarine

Directions:

1. Combine the brown rice, lentils, chicken stock, salt, and thyme, and cook until the rice and lentils are done, about 45 minutes. Add a little chicken stock if necessary.
2. Cut the tops off the bell peppers. Remove the seeds and inner membranes and rinse well. Set aside.
3. Melt the margarine and sauté the water chestnuts, parsley, minced garlic cloves, and all of the vegetables until tender.
4. Combine all ingredients except the peppers and mix well.
5. Stuff the vegetable/grain mixture (½ cup per pepper) into peppers and place in a baking pan with ½ inch of water in it.
6. Bake, covered, for 45 minutes at 325°. Remove the cover and bake for an additional 15 minutes or until the tops are browned.



Nutrition Information		
Serving size: 311g	8 servings	Calories: 190
Amount per Serving		% Daily Value
Total Fat	2g	3%
Saturated Fat	0g	
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	210mg	9%
Total Carbohydrate	37g	13%
Dietary Fiber	7g	25%
Total Sugars	5g	
Added Sugars	0g	
Protein	7g	
Vitamin D	0mcg	
Calcium	41mg	4%
Iron	2mg	10%
Potassium	565mg	10%