

Vegetarian Stuffed Peppers Recipe

Serves: 4 | **Prep Time:** 45 Min | **Cook Time:** 30 Min | **Difficulty:** Easy



INGREDIENTS

- 6 large Red Peppers
- 1 Eggplant
- 4 small Zucchini
- 8 ounces (200 gr) Carnaroli Rice
- 1 or 2 Onions (depending on size)
- 2 medium Tomatoes
- Vegetable or Chicken Broth
- Basil leaves to taste
- Extra Virgin Olive Oil to taste
- Salt to taste

DIRECTIONS

1. Preheat your oven to 350° F
2. Remove the tops of all the peppers and clean out the seeds and white ribs.
3. Drizzle olive oil inside and outside of the peppers.
4. Roast the peppers for 30 minutes.
5. While the peppers are cooking dice the zucchini, eggplant and onions into small cubes.
6. When the peppers are done, take two, dice them up and add them to the other vegetables.
7. Add the vegetables to a hot pan with a few tablespoons of oil.
8. Sauté the vegetables until soft. Remove and let them cool when they are soft.
9. Add the rice to a clean and oiled pan and toast the rice for a few minutes.
10. Gradually add some stock/broth to the rice and when it is absorbed, repeat until half-cooked.
11. Use an immersion blender to blend the tomatoes and basil.
12. Add 75% of the tomato mixture to the cooled rice.
13. Put a tablespoon of the remaining tomato mixture on the bottom of each pepper.
14. Fill the upright peppers to about half way with the rice and tomato mixture.
15. Put a tablespoon of the remaining tomato mixture on top of the rice in each pepper.
16. Add the sautéed vegetables until full. Now top each pepper with the stem "hat".
17. Roast for around 30 more minutes.