



Vegetarian Stuffed Peppers Recipe

Introduction

Vegetarian Stuffed Peppers are a delightful and nutritious dish that combines vibrant bell peppers filled with a hearty mixture of brown rice, black beans, and corn. This recipe is not only simple to prepare but also customizable to suit different tastes. With its vibrant colors and rich flavors, this dish is perfect for both casual family dinners and entertaining guests.

Detailed Ingredients with measures

4 red bell peppers, halved lengthwise, seeds and membranes removed
2 tablespoons extra-virgin olive oil, plus more for drizzling
1 medium yellow onion, chopped
1 jalapeño pepper, stemmed and finely chopped
4 garlic cloves, chopped
2 tablespoons tomato paste
2 teaspoons chili powder
2 teaspoons ground cumin
 $\frac{3}{4}$ teaspoon sea salt, plus more for sprinkling
Freshly ground black pepper
1½ cups cooked brown rice
1½ cups cooked black beans, drained and rinsed
1 cup corn kernels, fresh or frozen
2 tablespoons fresh lime juice, plus wedges for serving
1 teaspoon lime zest
1 cup shredded pepper jack cheese
 $\frac{1}{2}$ cup chopped fresh cilantro
Salsa, optional, for serving
Avocado, or guacamole, optional, for serving

Prep Time

15 minutes

Cook Time

25 minutes

Total Time

40 minutes

Yield

Serves 4

Enjoy this delicious and colorful meal that is both satisfying and packed with wholesome ingredients. Perfect for vegetarians and anyone looking to incorporate more plant-based meals into their diet!

Detailed Directions and Instructions

Step 1: Preheat the Oven

Set your oven to 450°F (232°C) and line a baking sheet with parchment paper for easy cleanup.

Step 2: Prepare the Peppers

Take the halved red bell peppers and position them cut side up on the prepared baking sheet. Drizzle with extra-virgin olive oil, and sprinkle salt and freshly ground black pepper. Bake in the oven for 10 minutes, or until the peppers are tender. After roasting, be sure to tilt the peppers to discard any liquid that accumulates inside them. Set the peppers aside.

See also [Easiest Frozen Raspberry Yogurt](#)

Step 3: Make the Filling

In a large skillet over medium heat, add olive oil. Once hot, incorporate the chopped yellow onion, finely chopped jalapeño pepper, and chopped garlic. Cook while stirring occasionally for about 5 minutes or until the mixture softens.

Step 4: Add Flavorings

Introduce the tomato paste, chili powder, ground cumin, sea salt, and freshly ground black pepper to the skillet. Continue cooking for an additional 3 minutes, allowing the tomato paste to darken and the spices to release their fragrance.

Step 5: Combine the Filling

Remove the skillet from the heat source, and stir in the cooked brown rice, drained and rinsed black beans, corn kernels, fresh lime juice, and lime zest. Adjust the seasoning to your taste.

Step 6: Assemble the Peppers

Fill each roasted pepper half generously with the rice and bean mixture. Top each stuffed pepper with shredded pepper jack cheese.

Step 7: Broil

Arrange the filled peppers within a large baking dish and place them under the broiler. Broil for 5 to 10 minutes, keeping an eye on them, until the cheese is fully melted and has a lovely golden-brown appearance.

Step 8: Garnish and Serve

Just before serving, sprinkle fresh chopped cilantro on top of the stuffed peppers. Serve with additional options such as salsa, sliced avocado, or guacamole, and lime wedges for added flavor.

Notes**Cheese Alternative**

For a vegan version of stuffed peppers, use your preferred vegan cheese shreds instead of pepper jack cheese. Alternatively, you can omit the cheese entirely and serve the peppers accompanied by avocado and chipotle sauce. If you choose to go cheese-free, there is no need to broil the peppers.

See also [Crock Pot Beef Tips](#)



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Cook techniques

Preheating the Oven

Preheating the oven is essential for even cooking. This recipe calls for a temperature of 450°F, which allows the peppers to roast quickly and maintain their structure while becoming tender.

Roasting Peppers

Roasting peppers enhances their flavor and texture. By placing halved peppers cut side up and drizzling them with olive oil, you create a dish that is both delicious and visually appealing.

Sautéing Aromatics

Sautéing onion, jalapeño, and garlic in olive oil builds the foundation of flavor for the filling. This technique softens the ingredients and draws out their natural sweetness.

Combining Ingredients

Mixing cooked rice, beans, corn, lime juice, and zest after sautéing the aromatics ensures that the filling is well-combined and flavorful.

Broiling

Broiling the stuffed peppers at the end of cooking melts and browns the cheese, adding a delicious finish. This technique uses high, direct heat to achieve a bubbly, golden topping.

Garnishing

Topping the stuffed peppers with fresh cilantro and serving with salsa, avocado, or guacamole elevates the dish, adding freshness and enhancing the overall flavor.

FAQ

Can I use different types of peppers?

Yes, you can use green, yellow, or even poblano peppers, depending on your preference for flavor and spice.

Is this recipe gluten-free?

Yes, the recipe is gluten-free as long as the cheese used is also gluten-free. Brown rice and beans do not contain gluten.

Can I prepare the filling ahead of time?

Yes, you can prepare the filling a day in advance and store it in the refrigerator. Just fill the peppers and bake when you are ready to serve.

What can I substitute for the cheese?

For a vegan option, you can use vegan cheese shreds or omit the cheese altogether and serve with avocado or a drizzle of chipotle sauce.

See also [Szechuan Beef Stir Fry](#)

Can I freeze the stuffed peppers?

Yes, stuffed peppers can be frozen before baking. Wrap them tightly in plastic wrap or foil and store them in an airtight container. Bake them directly from the freezer, adding extra cooking time.

Conclusion

The Vegetarian Stuffed Peppers offer a delightful blend of flavors and textures that is sure to please vegetable lovers and those seeking a hearty meal. The combination of spices, cheese, and fresh ingredients creates a satisfying dish that can be easily modified for different dietary preferences.

Chickpea and Quinoa Stuffed Peppers

Replace black beans with chickpeas and brown rice with quinoa for a protein-packed version that remains just as delicious.

Mexican-Spiced Lentil Stuffed Peppers

Use cooked lentils instead of rice and beans, adding spices like smoked

paprika and chipotle for a smoky flavor.

Italian Caprese Stuffed Peppers

Fill the peppers with a mixture of cooked rice, tomatoes, basil, mozzarella cheese, and a drizzle of balsamic glaze for an Italian flair.

Middle Eastern Inspired Stuffed Peppers

Combine cooked rice with spiced ground vegetables, raisins, and pine nuts, topped with a dollop of tahini sauce for a unique twist.

Sweet Potato and Black Bean Stuffed Peppers

Substitute brown rice with roasted sweet potato chunks and continue with black beans for a sweet and savory flavor profile.

Greek-Style Stuffed Peppers

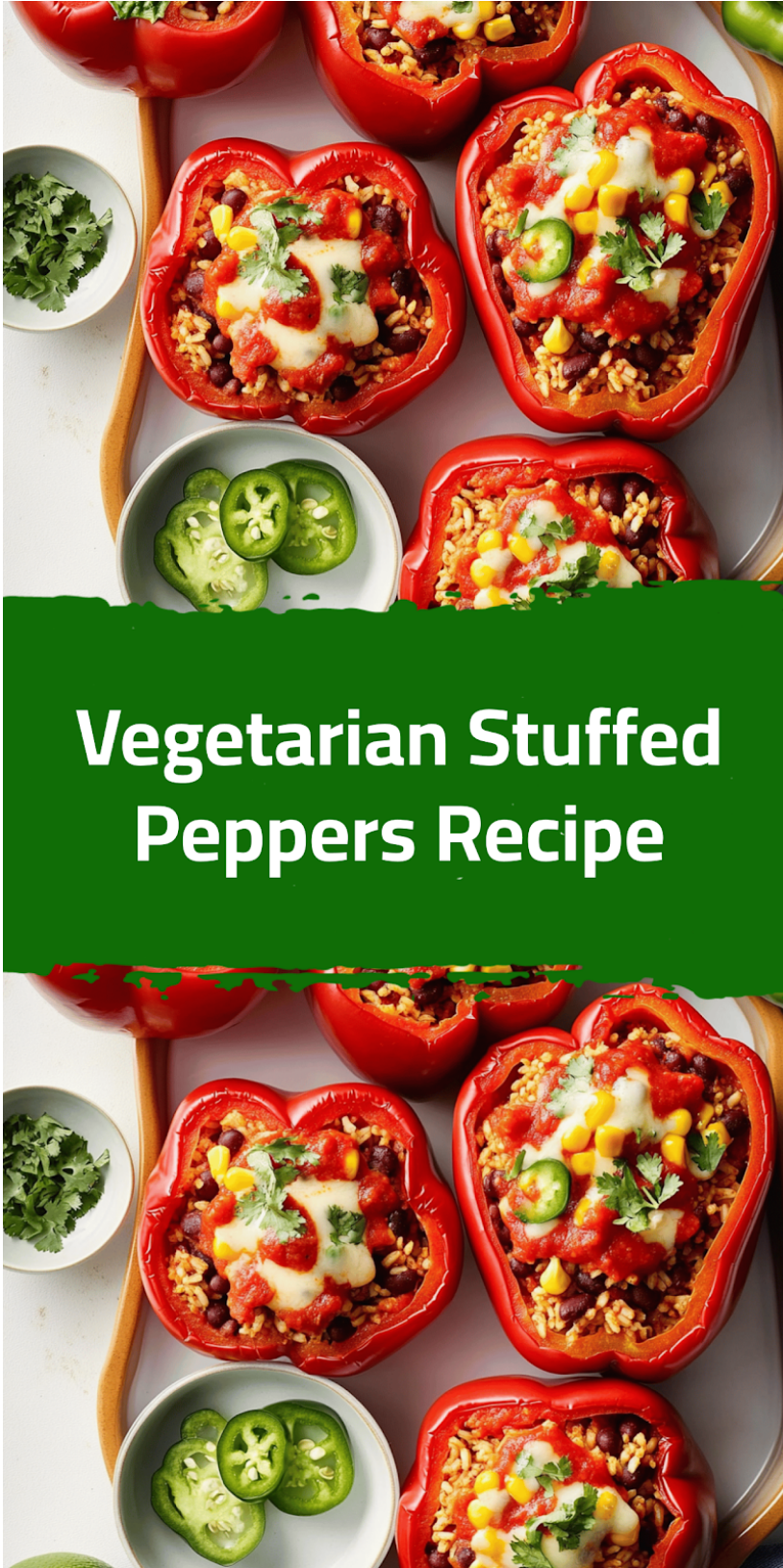
Fill with a mixture of rice, chopped olives, feta cheese, and herbs like oregano and dill for a Mediterranean taste.

Savory Mushroom and Spinach Stuffed Peppers

Sauté mushrooms and spinach and mix them with rice and cheese for a rich, earthy filling.

Butternut Squash and Sage Stuffed Peppers

Reinvent the filling with roasted butternut squash and fresh sage, creating a warm autumn-inspired dish.



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