

# MOURAD'S VEGETARIAN STUFFED PEPPERS WITH TOMATO SAUCE



## DIRECTIONS

1. Preheat oven to 400 degrees
  2. Cut bell peppers in half lengthwise (Keep the stem attached- this will help keep them upright and easier to fill). Clean out ribs and seeds, then place peppers cut side down on a lined cookie sheet and bake for 15 minutes. Let cool.
  3. Over medium heat, sauté onions & mushrooms until soft (about 5 minutes). Stir in parsley to wilt (30 to 45 seconds). Transfer to a large mixing bowl. Add olives, rice (quinoa or bread crumbs), black pepper, diced sausage, parmesan cheese (optional) and mix- stir in eggs.
  4. Transfer pepper “boats” to two 11x14 casserole dishes and fill generously with veggie mixture. Bake for 30 minutes at 400 degrees.
  5. For the Sauce:
    1. Sauté garlic in 2tbsps. of olive oil until fragrant (careful not to brown it). Add tomato paste stirring for one more minute. Add tomato sauce.
    2. With two cups of water, wash out tomato residue from the 2 cans and add to the sauce. Add black pepper and chili flakes (optional) cover and bring to a boil. Reduce heat to low, uncover and let sauce thicken about 15 minutes. Turn off stove and stir in the fresh basil.
  6. In center of the plate, scoop out two to three tablespoons sauce. Place a stuffed half pepper on top. Sprinkle more freshly grated cheese on top, if desired, and serve with warm, crusty bread.
- \*\*You can substitute other vegetables for the mushrooms such as zucchini, broccoli, etc. Just make sure to dice them small.

## SHOPPING LIST

6 Large Bell Peppers (Green, Red, Yellow, Orange, or any combo)

15 oz. Veggie Sausage (2 packages Trader Joe's or Morningstar Farms)

2 1/2 cups mushrooms, sliced\*

1 cup Green Olives or Kalamata olives, diced

1 bunch Italian Parsley, chopped

3 large eggs

1 cup cooked brown rice or quinoa

1 cup parmesan cheese, freshly grated

1 Tbsp. Lowry Garlic Salt

1 Tbsp. Black Pepper

### For the Sauce:

1 6oz can tomato paste

1 15 oz can tomato sauce

1 cup fresh basil, chopped