



Gratz Insider, February 2016 - Story Continuation

[To return to the newsletter, close this page.]

The Gratz Gourmet

Below is the recipe for Erica Kleckner's vegetarian spin on traditional meat-stuffed peppers.

Vegetarian Stuffed Peppers

4 large bell peppers (red, yellow, green, orange)
1 cup quinoa
Textured soy protein or "beef crumble" substitute (optional)
2 cups vegetable stock
1 medium onion, chopped
1 medium zucchini, diced
1 teaspoon salt
1 teaspoon pepper
1 teaspoon basil
1 teaspoon oregano
1 clove garlic, chopped finely
16 ounces tomato sauce
1 cup mozzarella cheese

1. Cook quinoa ahead of time according to package instructions, using vegetable stock instead of water.
2. Cut off and save tops of the bell peppers. Scrape out seeds.
3. Mix together quinoa, optional soy protein or beef crumble substitute, onion, zucchini, salt, pepper, basil, oregano, garlic, $\frac{3}{4}$ of the tomato sauce and $\frac{1}{2}$ cup cheese.
4. Spoon mixture into each of the peppers and then cover each pepper with its top.
5. Cooking options
 - Slow cooker (crock pot): Place peppers standing up into slow cooker. Pour water into bottom of slow cooker to keep peppers moist. Pour rest of tomato sauce on top of peppers. Cover and cook on high (4-5 hours) or on low (7-8 hours).
 - Oven: Cook peppers in a baking dish at 350 degrees, covered for 10 minutes, uncovered for 15 minutes.
 - Stovetop: Stand peppers up in pot like you would in slow cooker. Pour in tomato sauce until peppers are covered. Heat on low for 2 to 3 hours, stirring every 20 to 45 minutes. Peppers are done when they are splitting at the sides.
6. About 10 minutes before serving, remove pepper tops and sprinkle remaining $\frac{1}{2}$ cup cheese on mixture.
7. Let cheese melt. Enjoy!