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## Stuffed Red Peppers

By [Daniel Metzger, Executive Chef of God's Love We Deliver](#)

This vegetarian dish pops with flavor and nutrients. Curry, a blend of various spices including coriander, cumin, turmeric, ginger and cloves, lends depth, richness, and yes, a little kick. The cheese, lentils, vegetables and beans blend together to contribute texture, protein, fat and carbohydrates. Well rounded, hearty and fiber-filled, this meal is a dream for the health conscious.

The best part? You can prepare in batches and freeze the leftover peppers for a tasty meal another day.

### **White Bean Stuffed Peppers (serves 6)**

- 1 cup rice, white, long grain
- 6 tablespoons lentils, dry
- 3 to 6 peppers, bell or sweet, red
- 1 can artichoke, hearts, chopped
- 2 tablespoon oil, olive
- 4 garlic cloves, chopped
- 2 teaspoon curry powder
- 1 ½ pounds beans, white, boiled (or 2 canned white beans)
- ½ cup spinach, chopped boiled, drained
- ½ cup cheese, mozzarella, part skim

2 tablespoon parsley, chopped  
4 tablespoon bread crumbs, plain  
2 cups water

1. Cut peppers in half through the stem and discard the seeds.
2. Scatter the peppers on a baking sheet and toss with olive oil.
3. Arrange the peppers cut side down and broil for 3 minutes. Turn the peppers around after the three minutes and broil them for an additional 3 minutes.
4. Pour the liquid out of the pan, return the peppers to the oven and lower the temperature to 425 degrees.
5. In the meantime, place a tablespoon of olive oil in a pot on medium heat and add the garlic. Saute for one minute.
6. Add the water to the pot, along with the rice, beans, and lentils.
7. Let all simmer until soft, about 20 minutes.
8. Once the grains and beans are soft, place the artichokes, curry powder, spinach, cheese, and breadcrumbs in the pot.
9. When the liquid in the pot thickens to the point that it coats the back of a spoon, it is ready to be added to the peppers.
10. Take out the peppers and let them cool for 3 minutes.
11. Place the bean stuffing in the middle, sprinkle with parsley and a few extra breadcrumbs.
12. Serve and enjoy!

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