

# Stuffed Bell Peppers

12 servings



## INGREDIENTS:

- ◆ 2 large Onion diced
- ◆ 2 cloves Garlic minced
- ◆ 3 T. Olive oil
- ◆ 6 large Bell peppers Red and yellow
- ◆ 2 large tomatoes diced
- ◆ 6 tomatoes Sundried and chopped
- ◆ 1 t. thyme
- ◆ 2 cups mushrooms chopped
- ◆ 1 cup rice Long-grain, cooked
- ◆ 1 cup Pine nuts



## DIRECTIONS:

Sauté onions and garlic in oil until translucent. Add tomatoes, sun-dried tomatoes, parsley, and thyme to onion and garlic mixture. Stir in mushrooms, cooked rice, and pine nuts. Halve each pepper and scoop out seeds. Place mixture in pepper halves. Place on greased baking dish. Pour in hot water to cover the bottom of the dish, cover with foil, and bake at 375 deg. F. for 30 minutes. Remove foil and bake 15 minutes longer.