

Treasure Barrel

Stuffed Bell Peppers with Rice & Veggies Recipe

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

For the Peppers and Filling

- [ ] 4 large bell peppers (mixed colors)
- [ ] 1 tablespoon olive oil
- [ ] 1 medium yellow onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 medium zucchini, grated
- [ ] 1 (14.5 oz) can diced tomatoes, well-drained
- [ ] 2 cups cooked long-grain white rice
- [ ] 1 teaspoon Italian seasoning
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper

For Topping and Baking

- [ ] 1 cup shredded mozzarella or Italian blend cheese
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1/2 cup vegetable broth or water

Instructions

1. Preheat your oven to 375°F (190°C). Bring a large pot of salted water to a boil. Carefully cut the tops off the bell peppers and remove the seeds and white membranes. If needed, slice a tiny bit off the bottom so they stand upright. Parboil the peppers for 3-4 minutes, just to soften slightly. Drain and set them in a baking dish just large enough to hold them snugly.

2. While the peppers are cooling, heat the olive oil in a large skillet over medium heat. Add the chopped onion and cook until soft and translucent, about 5 minutes. Add the garlic and grated zucchini and cook for another 2-3 minutes, until fragrant. Stir in the well-drained diced tomatoes, Italian seasoning, salt, and pepper. Cook for another minute to warm through.

3. Remove the skillet from the heat and stir in the cooked rice until everything is well combined. Taste and adjust seasoning if needed. Spoon the rice and vegetable mixture into the parboiled peppers, pressing down gently to fill them completely.

4. Pour the vegetable broth into the bottom of the baking dish around the peppers (not over them). This will create steam and help cook the peppers. Cover the dish tightly with foil and bake for 25 minutes.

5. After 25 minutes, remove the foil. Sprinkle the tops of the peppers with the mozzarella and Parmesan cheeses. Return the dish to the oven, uncovered, and bake for another 10-15 minutes, or until the cheese is melted and bubbly and the peppers are tender.

6 Carefully remove the dish from the oven. Let the peppers rest for about 5 minutes before serving—they will be very hot inside. Serve warm, spooning a bit of the juices from the bottom of the dish over the top.

Nutrition per serving

285 kcal	12 g	41 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Leftover rice works perfectly here and saves a lot of time.
- For a richer flavor, you can use fire-roasted diced tomatoes.
- These are great with a simple green salad or a slice of crusty bread on the side.