

## **Auntie's Stuffed Peppers**

### **Vegan Ground Beef Stuffed Peppers**

#### **Ingredients (serves 4)**

- 4 large bell peppers (red, orange, or yellow for sweetness)
  - 12 oz vegan ground beef (such as Beyond or Impossible)
  - 1 cup cooked rice or quinoa
  - 1 small red onion, finely diced
  - 2 cloves garlic, minced
  - 1 small zucchini, diced
  - 1 cup diced tomatoes (fresh or canned, drained)
  - 2 tbsp olive oil (or avocado oil)
  - 2 tbsp tomato paste
  - 1 tsp smoked paprika
  - 1 tsp cumin
  - ½ tsp oregano
  - ½ tsp chili flakes (optional, for a little heat)
  - Salt + black pepper, to taste
  - ½ cup vegan shredded cheese (optional, for topping)
  - Fresh parsley or basil, for garnish
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#### **Instructions**

##### **1. Prep the peppers**

- Preheat oven to **375°F (190°C)**.
- Slice tops off peppers and remove seeds/membranes.
- Lightly drizzle with olive oil and sprinkle with salt. Place upright in a baking dish.

##### **2. Cook the filling**

- Heat olive oil in a skillet over medium heat.
- Add onion and garlic, sauté until fragrant (3 minutes).

- Add vegan ground beef, breaking it up into crumbles. Cook 5–6 minutes until browned.
- Stir in zucchini, tomato paste, and diced tomatoes. Cook another 5 minutes.
- Mix in rice/quinoa, smoked paprika, cumin, oregano, chili flakes, salt, and pepper. Taste and adjust seasoning.

### 3. **Stuff the peppers**

- Fill each pepper with the savory vegan ground beef mixture.
- Sprinkle with vegan cheese if desired.

### 4. **Bake**

- Cover dish with foil and bake for **25 minutes**.
- Remove foil and bake another **10 minutes**, until peppers are tender and tops are lightly browned.

### 5. **Serve**

- Garnish with parsley or basil.
- Enjoy warm with a side salad, roasted veggies, or crusty bread.

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### ✦ **Optional variations:**

- Stir in chopped mushrooms for an extra meaty texture.
- Add a splash of soy sauce or balsamic vinegar for deeper umami flavor.
- Top with marinara sauce before baking for an Italian-style version.