

## Recipe

### Stuffed Peppers (Vegan)

## By

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## Ingredients

1 cup barley (or brown rice)  
1 cup soymeat (TVP)  
1 cup chopped tomatoes  
4 tbsp olive oil, divided  
½ tsp salt  
½ tsp pepper  
1/8 tsp chili powder  
4 tbsp soy sauce  
8 tbsp water  
4 bell peppers or sweet red peppers  
½ cup chopped parsley

## Preparation

Soak the soymeat in a small with soy sauce and water for at least 20 minutes. Meanwhile cook barley or brown rice according to package direction (25 to 40 minutes).

In a medium saucepan, heat 2 tbsp oil and sauté tomatoes and soymeat for 5 minutes. Add the cooked barley or brown rice, salt, pepper, chili powder, oil, and chopped parsley to the saucepan. Slice the tops off the peppers. Divide the stuffing among the peppers. Place upright in the prepared baking dish.

Preheat the oven to 350F. Sprinkle some olive oil on top of the stuffed peppers. Bake for 25 minutes.

\*\*\*This is a vegan recipe. However, you may add some crumbled feta cheese on top of the stuffed peppers if you prefer. I have seen stuffed peppers cooked in a pot on a stove instead of an oven in Turkey.

## Serves

2

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