



Veggie stuffed peppers – (recipe for 4 people)

Ingredients:

4	Large peppers
1 cup	Brown rice
3 small	Tomatoes
1 cup	Sweetcorn
1	Small onion
1/3 cup	Cubed cheddar cheese
1/3 cup	Olives
1/3 cup	Black beans
Handful	Basil leaves
3 cloves	Garlic
Dash	Salt and pepper
1 cup	Passata sauce

Method:

- Cut the tops off from 4 large peppers, remove all the seeds inside and place on a baking tray
- Pour all the other ingredients into a large bowl (except the passata sauce) and mix
- Add 1 cup of water to the mixture and then carefully spoon the mixture into the cut open peppers
- In a separate bowl mix the passata sauce with 5 cups of water and pour around the peppers in the baking tray. Pour a little over the peppers too.
- Leave in an oven at 160 C for 2 to 2.5 hours.
- Enjoy 😊