



Simple | Healthy | Delicious

Black Rice Stuffed Peppers

INGREDIENTS

2 cups cooked Nature's Earthly Choice black rice

1/3 diced yellow onion

2 tbsp parsley

3 gloves garlic, minced

1 bay leaf

1/4 cup raisins

Salt to taste

1 red pepper

1 yellow pepper

Olive oil (to taste)



DIRECTIONS:

1. Put everything but the peppers in a pan and let cook covered for about 10-15 minutes on medium heat. When you remove the rice mixture, the onions should be soft, but not brown.
2. As the rice mixture is cooking, pre-heat oven to 400.
3. Also, Get your peppers out, wash them off, cut the top off the pepper and remove all the white fleshy bits from the pepper. Also, wash the inside of the pepper to get any straggling seeds left behind.
4. Once the rice is done, brush the peppers with a bit of olive oil to keep them moist in the oven, stuff them with rice mixture, and put them in the oven for 20 minutes.