



# Stuffed Peppers (Vegan)

By: Beylul

Serving Size: 4

## Ingredients:

1/2 Cup White Rice  
1 Lb Vegan Ground Beef  
2 tsp Vegetable Oil  
1/2 Onion  
1 Medium Tomato  
4 tsp Vegan Worcestershire Sauce  
1 tsp Salt  
1/4 tsp Garlic Powder  
2 Large Bell Peppers (any color)

Optional: Add 4 oz vegan shredded cheddar or mozzarella cheese on top.

## Instructions:

1. Preheat oven to 350°F.
2. Cook rice in rice cooker, 10 to 15 minutes.
3. Brown vegan ground beef in a skillet with oil on medium heat.
4. Chop onions and tomatoes. Add to skillet, simmer for 5 minutes.
5. Mix vegan ground beef and rice together in large bowl.
6. Add vegan Worcestershire sauce, garlic powder, and salt.
7. Remove tops and seeds of bell peppers and arrange them on a baking sheet, hollowed sides up.
8. Fill peppers with vegan beef mix.
9. Bake for 40 minutes. In last 5 min, melt cheese on top of peppers.