

# "UN-STUFFED" BELL PEPPER SKILLET

This Unstuffed Bell Pepper Skillet has all the flavors we love in a classic stuffed pepper recipe, but faster and simpler—and vegan! We have all the friendly flavors of a stuffed pepper; bell peppers, rice, beans, and spices but unlike stuffed peppers numerous steps, we've turned it into a one-pot meal!



Photo from [thekitchn.com](http://thekitchn.com)

## Ingredients

- 1 onion
- 2-3 small eggplants
- 1 lb tomatoes
- 2-3 bell peppers
- 1 - 15 oz can black beans
- 2 Tablespoons olive oil
- 2-3 garlic cloves
- 2 Tbsp Italian seasoning
- 1 cup brown rice
- 2 1/2 cups water
- Salt and pepper to taste
- 1-2 cups shredded cheese (optional)

### Equipment:

- Large oven-safe skillet and lid

**PREPARATION: 10 MIN**

**COOKING: 35 MIN**

**READY IN: 45 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce. Preheat oven to 375 degrees.*

1. Dice **onion, eggplant, tomatoes, and bell peppers**. Mince **garlic**. Drain and rinse **black beans**.
2. Heat **olive oil** in a large skillet over medium heat. Add the diced **onion** and **eggplant** and cook until soft and translucent, about 5 minutes. Add **garlic, Italian seasoning**, and a pinch of salt and pepper. Cook for another 1 minute. Remove from heat.
3. Stir in tomatoes, bell peppers, black beans, and **rice**. Add 2 1/2 cups **water** and mix well. Cover tightly with tin foil and fitted lid and bake for about 45 minutes or until rice is cooked.
4. Carefully remove the foil and sprinkle **cheese** over the top (optional). Cover again and bake another couple minutes so the cheese melts. Enjoy!

**Make a side salad!** Chop some romaine and use the salad dressing from last week's recipe! Double the dressing recipe and store in the fridge for weeks!

# Tips, Tricks, and Terms

## Plant protein for the win!



Protein is an important part of a complete and healthy diet. You can get protein from a variety of *non animal* plant-based sources! Plant-based foods like whole grains, beans, and other vegetables have many essential amino acids humans need. These foods are called *complementary proteins*.

Rice and beans are a common and delicious *complementary protein* pair. You'll find this combination in your skillet pepper dish! Other great combinations include peanut butter and whole wheat bread, cashews and a veggie, or quinoa and veggie stir fry!



## A little about...

**DICE:** to cut into small pieces, usually 1/4 to 1/8 inch chunks

**TRANSLUCENT:** (of onions) unlike when frying onions, you should be able to see through them. Cooking to translucence softens some of the onion's acidity and keeps the taste!

**MINCE:** A very tiny knife cut (as small as possible). Resulting pieces are very fine and mix easily into the dish, most commonly used with garlic.



**daiya**  
deliciously dairy-free®

Daiya welcomes everyone to the unexpected joy of delicious plant-based eating. No matter how you eat, we have a variety of plant-based, dairy-free, allergen-free food and ingredients for you to delight in.

Visit [daiyafoods.com](https://daiyafoods.com) to learn more and follow:

  @daiyafoods

THANKS TO OUR  
AMAZING GROUP OF  
PARTNERS!

