

Stuffed Bell Peppers

From *The Garden of Vegan* by Tanya Barnard and Sarah Kramer

This is a dairy-free, egg-free, and gluten free main course that the whole family will enjoy. It is a wonderful, delicious, and healthy alternative to pasta!

4 cloves garlic	4 tbsp. tomato paste
1 small onion, minced	2 tbsp. olive oil
1 small carrot, chopped	1 tbsp. apple cider vinegar
4 mushrooms, chopped	2 tsp. dried basil
1 stalk celery, chopped	1 tsp. oregano
1 tbsp. olive oil	½ tsp. dried thyme
1 cup spinach, chopped	½ tsp. salt
1 cup cooked or canned chickpeas	1 tsp. pepper
1 14-oz. (398-ml) can diced tomatoes	2-3 large bell peppers (your choice), halved and seeded

Preheat oven to 375°F. In a medium saucepan on medium heat, sauté the garlic, onions, carrots, mushrooms, and celery in oil until vegetables become tender. Remove from heat, add spinach, and cover. Let sit for 5 minutes. In a large bowl, combine the vegetable mixture, chickpeas, tomatoes, tomato paste, oil, vinegar, basil, oregano, thyme, salt, and pepper and mix well. Lay out peppers on a large baking sheet or lasagna pan and spoon an even amount of mixture into each pepper. Cover and bake for 20-30 minutes. Makes 2-4 servings.