



VEGETARIAN STUFFED PEPPERS

Ingredients

For 6 stuffed peppers

100g brown rice
6 green bell peppers
3 tbsp soy sauce
3 tbsp cooking sherry
1 tsp vegetarian
Worcestershire sauce
150g extra firm tofu
90g sweetened dried
cranberries
50g chopped pecans
100g grated Parmesan
450g tomato sauce
2 tbsp brown sugar

Steps

- 1.** In a saucepan bring water to a boil and stir in rice. Reduce heat, cover and simmer for 40 minutes.
- 2.** Meanwhile, core and seed green peppers, leaving bottoms intact. Place peppers in a microwavable dish with about 1cm of water in the bottom. Microwave on high for 6 minutes.
- 3.** In a small frying pan bring soy sauce, wine and Worcestershire sauce to a simmer. Add tofu and simmer until the liquid is absorbed.
- 4.** Combine rice (after it has cooled), tofu, cranberries, nuts, cheese, salt and pepper; mix and pack firmly into peppers. Return peppers to the dish, and bake in a preheated oven to 175°C for 25 to 30 minutes, or until lightly browned on top.
- 5.** Meanwhile, in a small saucepan over low heat, combine tomato sauce and brown sugar; heat until hot throughout. Spoon sauce over each serving.