

## Vegan Stuffed Peppers with Summer Vegetables



### Ingredients

- 10 bell peppers, assorted colors, tops cut off and seeds removed
- 2 cups brown rice, cooked according to directions
- 1 large onion, chopped
- 2 carrots, chopped fine
- 1 broccoli, cut into small florets
- 2 summer squash, diced
- 1 zucchini, diced
- 1 8oz box baby portabella mushrooms, diced
- 1 Tbsp garlic, minced
- 1 pint cherry tomatoes, halves
- 1 can Cannellini Beans, drained
- 1 can aduki beans, drained
- ¼ cup basil, chopped
- 1 Tbsp fresh oregano, chopped
- 1 tsp fresh thyme, chopped
- 2 Tbsp apple cider vinegar
- 2 Tbsp white Balsamic vinegar
- 2 Tbsp Pomegranate molasses
- ¼ cup white wine
- ½ cup parsley, chopped
- ½ cup pine nuts
- Olive oil
- 2 tsp Salt and ½ tsp Pepper

### Instructions

1. Pre-heat oven to 375 degrees.
2. In large pan, sauté onions and carrots in olive oil until soft and caramelized.
3. Add broccoli and continue cooking until soft.
4. Add the diced mushrooms, garlic, squash and zucchini. Sauté until soft, about 5 minutes.
5. Add the beans, cherry tomatoes, basil, oregano, thyme, apple cider vinegar, balsamic vinegar and pomegranate molasses to sauté pan, and continue cooking for 5 more minutes.
6. Add the white wine and simmer for 5 minutes.
7. Add the cooked rice, pine nuts, and parsley and mix together.
8. Stuff the peppers with the filling, and stand them up, side by side in a casserole pan, using a pan that fits them all, so they won't fall over.
9. Pour 2 cups water around the peppers in bottom of pan.
10. Cover and bake for 1 hour.
11. Serve and enjoy!