

Schwarma Stuffed Peppers



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

264 kcal

INGREDIENTS

- 7 bell peppers seeded and halved
- 2 Tbsp olive oil
- 7 cloves garlic minced
- 2 small onions chopped
- 2 8 oz packages plain seitan, minced for gluten-free, use soy curls or tvp
- 1/3 c water
- 1 Tbsp garam masala
- 1 Tbsp curry powder
- 1 tsp turmeric
- 1/2 tsp salt
- 15 oz can diced tomatoes
- 2 c cooked basmati rice
- 3 1/2 Tbsp tahini
- 2 tsp lemon juice
- 1 Tbsp water

INSTRUCTIONS

1. Preheat oven to 350°
2. Cut bell peppers in half lengthwise, remove seeds and membrane. Drizzle peppers with a bit of olive oil and season with salt. Rub the peppers both inside and out with the olive oil and salt to coat them. Arrange the peppers flesh side down in a baking dish or large sheet pan and pre-bake for 15 minutes.
3. In a large skillet over medium high heat saute the garlic and onion in olive oil for 2 minutes.

4. Add the minced seeitan to the skillet and cook until browned.
5. Stir in the spices and salt, stir until well coated. Add water and scrape up any browned bits in the pan.
6. Add rice and tomatoes and cook stirring for 2-3 more minutes.
7. Remove the bell peppers from the oven and flip over.
8. Fill the peppers with the mixture and place in the oven for 15-20 minutes or until the peppers are soft. You can test the peppers by inserting a knife into the flesh, if it goes in easily the peppers are done.
9. Make the tahini drizzle by combining the tahini, water, and lemon juice.
10. Top the peppers with tahini drizzle and chopped parsley.

NUTRITION

Nutrition Facts	
Schwarma Stuffed Peppers	
Amount Per Serving (1 serving)	
Calories 264	Calories from Fat 45
% Daily Value*	
Fat 5g	8%
Carbohydrates 31g	10%
Protein 23g	46%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD
gluten free, soy-free

Tried this recipe?
Let us know how it was!