

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 seitan 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
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Fat	5g	% Daily Value*	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!