

Bulgogi Stuffed Peppers

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 8 Serving Size: 1 Pepper

Ingredients	Quantity	Measure
Suntan peppers	8	Each
Cooked white rice	4	Cups
Shredded carrots	¼	Cups
Bulgogi marinade	1 ½	Cups
Scallions, thinly sliced	1	Tablespoon
Ginger, minced	1	Tablespoon
Garlic, minced	1	Tablespoon
Gardein Beefless Strips	1	Cup
Thai basil, chopped	3	Tablespoons
Olive Oil	1	Tablespoon
Scallions, thinly sliced	½	Cup

Preparation

1. Cut stem end from peppers and remove all seeds and membranes. Trim bottoms of the peppers so they stand flat.
2. Sauté ginger, garlic & scallion in olive oil until fragrant
3. Roast gardein beefless strips in oven until lightly crisped
4. Add bulgogi marinade & gardein beefless strips to aromatics. Lightly simmer mixture to reduce.
5. In a mixing bowl stir together rice, shredded carrots, scallions, Thai basil & bulgogi mixture stirring to combine.
6. Stuff peppers with mixture and roast in 350°F over until pepper are tender and stuffing is heated through.

Nutrition Information *From USDA Nutrient Database

Calories: 227 Total Fat: 3.1g Saturated Fat: 0.4g Trans Fat: 0g Cholesterol: 0mg Sodium: 1070.9mg
Carbohydrate: 44.9g Sugar: 20.6g Protein: 4.7g Vitamin C: 123mg