

# Stuffed Peppers

## Ingredients

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4 bell peppers, any colors, tops sliced off, seeds removed, chop and keep flesh from around stem  
1 teaspoon salt  
¼ cup olive oil  
1 **medium** onion, minced  
1 ½ cups uncooked wild rice  
½ pound mushrooms , chopped  
1 cup celery , finely diced  
¼ cup carrots, finely diced  
¼ cup peas, fresh or frozen  
1 large handful chard or kale or spinach, chopped  
1 Tablespoon fresh ginger, minced or finely grated  
4 cloves garlic, minced  
1-2 dashes cayenne pepper  
4 ounces almond cream cheese with chives, Kite Hill brand  
¼ cup black olives, Kalamata brine-cured, roughly chopped  
1 juice of lemon

## Method

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1. Preheat oven to 375 degrees F.
2. Bring 4 quarts water to boil in a large soup pot and add peppers and 1 teaspoon salt. Cook peppers until almost soft, 3-4 minutes. Using tongs or slotted spoon, remove peppers from water and set in a colander to drain (keep the cooking water in the pot). Transfer peppers to a rack, cut-sides up, and let cool.
3. Transfer 3 cups pepper cooking water to pan and bring to boil. Add wild rice and bring to boil. Lower heat to a simmer and cook about 30 minutes, until wild rice still has a little bite.
4. Heat 4 Tablespoon olive oil in a medium skillet over medium heat. Add onions and sauté until translucent and soft, about 5 minutes. Add chopped pepper tops, mushrooms, celery, carrots, peas, greens, ginger, garlic and cayenne. Sauté until vegetables are tender, about 10 minutes. Add salt to taste. Drain off extra juices if needed and keep for additions to soup

broth or drink it as an elixir.

5. Combine wild rice and sautéed vegetables in a large bowl. Add cream cheese, olives and lemon juice.

6. Fill each pepper case with filling and arrange on a baking dish or tray. Spread any extra filling around the peppers. Bake until heated through and steaming, about 20 minutes.

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## Notes

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Fully mature red or yellow peppers are beautiful with the earthy, rich filling. Feel free to substitute or add: Ideas that come to me are minced fresh herbs such as parsley or chives, walnuts for crunch, diced garden fresh tomatoes. Be sure to cut filling vegetables finely and evenly and compact the filling into the pepper before baking.

I like to serve the peppers on ruffly leaves of lettuce or bed of other finely torn greens. To retain the beauty of the peppers as you start to eat, a steak knife works well to slice through the tender pepper.

Extra filling is a treasure. I have eaten it reheated with salad, added to morning miso soup, scooped it up with firm leaves of romaine or long ribs of celery, added it to cooked beans.

**Source: Mary Scott, adapted from Farmer John's Cookbook by Farmer John Peterson and Angelic Organics and they adapted it from Laurel's Kitchen by Laurel Robertson, Carol Flinders and Bronwen Godfrey (Yield: 4)**

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