

# From Lisa's Kitchen: Stuffed Peppers

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This is another great Flex·Able recipe. It's written to be vegetarian, but the chickpeas can be easily replaced with cooked ground chicken or turkey. Experiment with adding other vegetables you like to the stuffing mix.

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## Stuffed Peppers

Makes 4 peppers, recipe is easily divided or multiplied

**Flex·Able option:** ½ pound very lean ground beef, turkey or chicken, cooked

- 1 tablespoon olive oil
- 1 celery stalk, diced
- 1 small onion, chopped
- ½ cup plus 1 cup low-sodium tomato sauce
- 1 cup canned, drained chickpeas
- 1 cup cooked brown rice
- ¼ cup minced parsley
- ½ teaspoon cayenne pepper (more or less to taste)
- 4 bell peppers (red, orange and/or yellow)
- ½ teaspoon dried thyme

Heat olive oil over medium heat and sauté celery and onions until softened. Pour in ½ cup of tomato sauce; add chickpeas or cooked ground meat, rice, parsley and cayenne. Stir mixture and remove from heat.

Cut tops off each pepper and clean insides. Fill peppers with chickpea mixture and place in a pot, cut side up. Pour remaining sauce into pot and bring to a strong simmer over medium-high heat. Reduce heat to medium-low and simmer, covered until peppers are tender, about 8 – 10 minutes. Spoon some sauce over each pepper before serving.