

## Stuffed Peppers

2 cloves garlic	1 cup tomatoes, chopped
2 onions, chopped	3 / 4 lb Cheddar cheese, grated
3 cups brown rice, raw	1 / 2 cup almonds, chopped
6 cups liquid*	salt and pepper, to taste
1 / 2 tsp allspice	9 large bell peppers

\*water, chicken or vegetable stock or tomato juice

1. Heat a little oil in a skillet, add onion and sauté until translucent.
2. Add the garlic at the end and sauté about a minute.
3. Add rice a brown sauté for about 5 minutes.
4. Add the liquid of your choice and the allspice. Then cover and cook until the rice is done (~ 40 minutes).
5. Toast almonds.
6. Stir in tomatoes, cheese, almonds and salt and pepper.
7. Cook peppers in boiling water for ~ 2 minutes.
8. Drain and stuff peppers with rice mixture.
9. Bake at 350°F ~ 30 minutes.

Yield 9 servings

From *from Asparagus to Zucchini*, 2003 edition via Lizzie Breuer, Zephyr Community Farm member