



This may be the easiest recipe I have for a meal. Years ago, I made stuffed peppers for the family and the kids didn't care for the peppers but they loved the filling. I didn't like wasting all of the peppers so I made it into a one-pot meal, cut the peppers big and let them pick them out. But it was still delicious because it had the flavor of the peppers!

Unstuffed Pepper Bake

- 4 cups cooked brown rice
- 2 large bell peppers, chopped
- 2 cans black beans, rinsed and drained
- 1-2 cups vegan "sausage," depending on the type and how much you like*
- 1 28 oz. can of crushed tomatoes
- 1 14 oz. can of diced tomatoes
- 1 tsp garlic powder

Preheat the oven to 350 degrees.

Mix all ingredients in a large bowl and transfer into a large baking pan.
Bake for 45 minutes or until bubbly.

Serve with greens and enjoy!!

*I either make my own sausage crumble from tempeh or use Upton's Naturals Italian Seitan. If using the tempeh, don't add it until the mixture is in the baking pan and then drop it into the pan and mix lightly.