

Bulgur, Black Bean and Spinach Stuffed Peppers



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Serves 4 (2 peppers per serving)

Preheat oven to 350°F

8	medium red or yellow peppers
1	540 ml can no salt added black beans, drained and rinsed
1	onion, diced
2 tsp	canola oil
2	Roma tomatoes, diced
225 g or	
2 cups	fresh spinach, chopped
½ tsp	celery seed
½ tsp	black pepper
2 cups	cooked bulgur
1	680 ml bottle strained tomatoes

Contact:

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1. Prepare peppers to be stuffed by cutting and removing tops from peppers and removing seeds.
2. In a large skillet over medium heat, heat oil. Then sauté onions, Roma tomatoes and spinach, just enough to wilt the spinach.
3. Add black beans and seasoning. Stir to mix and remove from heat.
4. Mix with cooked bulgur.
5. Put a small amount of strained tomatoes in the bottom of medium sized roasting pan.
6. Stuff peppers with the mixture and place in roasting pan.
7. Cover the stuffed peppers with remaining strained tomatoes.
8. Cover and bake for 1 hour.

