

Vegan Stuffed Peppers

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-roasted-vegetable-pithivier-recipe>

Ingredients:

- 8 bell peppers medium
- 1 tablespoon olive oil
- 1 medium onion diced
- 1 cup veggies diced, choice like mushrooms, carrots, or broccoli., Optional for extra nutrients.
- 1 tablespoon Italian seasoning
- 2 cups Italian sausage vegan, or any other vegan protein you choose like crumbles or cooked beans or lentils.
- 2 cups brown rice cooked short-grain, or quinoa, couscous, millet, or any other grain of choice.
- 24 ounces spaghetti sauce or 3 cups of crushed tomatoes.
- 1 1/2 cups vegan cheese
- 1/2 teaspoon salt or to taste

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 123 grams
3. Cholesterol: 85 milligrams
4. Fat: 51 grams
5. Fiber: 14 grams
6. Protein: 34 grams
7. SaturatedFat: 17 grams
8. Sodium: 2100 milligrams
9. Sugar: 32 grams

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