

# Vegan Italian Stuffed Peppers

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-italian-stuffed-peppers-recipe>

## Ingredients:

- 56 ounces fire roasted diced tomatoes
- 4 cloves garlic minced
- 2 tablespoons olive oil
- 1/4 teaspoon chili flakes
- 1 teaspoon salt
- 1 pinch black pepper
- 1 bay leaf
- 1 teaspoon dried oregano
- 6 peppers cut in half from top to bottom, and seeded, to make 12 halves
- 2 cups cooked brown rice
- 2 tablespoons olive oil
- 2 cloves garlic minced
- 1 shallot large, diced
- 2 stalks celery diced
- 3 medium zucchini diced
- 1 1/2 cups broccolini finely chopped
- 1/2 kale a bunch, stems removed and finely chopped
- 1/2 cup toasted walnuts finely chopped
- 1/2 cup black olives finely chopped
- 1 chopped parsley generous handful each, and basil, plus more for garnish

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 27 grams
3. Fat: 18 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 2 grams
7. Sodium: 520 milligrams

8. Sugar: 4 grams

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