
BARLEY STUFFED PEPPERS

INGREDIENTS

- 1 cup pearled Barley
- 3 tomatoes
- 3 cups of veg broth
- 2 cloves of garlic, diced
- 1 onion
- 1 can black beans
- 500 g fresh mushrooms
- 6 peppers (yellow, red, or orange)
- 1 tbsp cumin
- 2 tsp veg base
- Cheese

*You can also add ground meat that is already cooked to the pan after adding the spices

PREPARATION

- Cook the barley in the veg broth. Barley is done when not soft, but not crunchy (will soften up in the rest of the process).
- On medium heat, put 2 diced cloves of garlic in a pan for approx. 1 min, stirring so it doesn't burn.
- Add onion, tomatoes, black beans, and mushrooms to pan; cook for approx. 5 mins.
- Add 1 tbsp cumin and 2 tsp veg base to pan; add salt and pepper to taste.
- Let simmer on low for 5 mins.
- Add cooked barley to pan and let simmer on low for 5 mins.
- Remove tops of peppers and scoop out all seeds.
- Scoop mixture into carved-out peppers and add cheese on top (your fav cheese works!).
- Place peppers in cupcake pan and cook at 375°F for 25 mins.
- Let cool and enjoy.

