

## **Braised Sweet Bell Peppers Stuffed with Rice and Vegetables**

*(Yields: 4 Servings)*

For this recipe you will need:

- 1 tablespoon virgin olive oil
- ¼ cup onion, finely diced
- 1 teaspoon curry powder, or to taste
- 1 cup Long Grain White rice
- 4 cups Vegetable broth
- ¼ cup Fresh Corn Kernels
- ¼ cup Young Fresh Peas, or Petits Pois, shelled
- 2-3 tablespoons Gruyere or Swiss cheese, grated (optional)
- 1 lemon, juiced
- ¼ cup Black olives, such as Kalamata, pitted and coarsely minced
- 8-12 fresh Basil Leaves, sliced
- 3 tablespoons Fresh Chives or Young Scallions, finely sliced
- Salt & pepper, to taste
- 2 large sweet red Bell peppers
- 2 large sweet green Bell peppers

Heat ½ tablespoon of the olive oil in a non-stick saucepan and sauté the onion over low heat for 5 minutes, stirring frequently with a wooden spoon until soft and translucent. Stir in the curry powder.

Add the rice and continue to stir gently for 1 to 2 minutes. Pour 2 cups of broth over the rice, stir only once, and bring to a boil. Lower the heat, cover the pan, and cook until the rice is al dente, about 14 – 15 minutes. Remove from the heat.

Meanwhile, blanch the corn in a saucepan of boiling salted water for 3 minutes. Add the peas and blanch for 2 minutes longer. Drain and set aside.

Preheat the oven to 350F.

When the rice has absorbed the liquid, transfer to a mixing bowl and fluff with a fork. Stir in the cheese, lemon juice, olives, corn, peas, basil, and chives. Season with salt and pepper, and add 1 or 2 tablespoons of broth to the rice mixture if it is too dry.

Cut the peppers lengthwise, and remove the core and seeds. Fill each half pepper with the rice mixture. Lightly coat a shallow baking dish (just large enough to hold the peppers) with olive oil. Set the stuffed peppers in the dish. Pour the remaining broth, or enough to come halfway up the sides of the peppers, into the dish.

Cover the dish tightly and bake in the oven for 30 – 40 minutes, or until the rice is puffy and tender, but not crusty. Baste the peppers periodically with the broth in the baking dish. Serve immediately.