

DINNERLY



Low-Cal Cheesy Vegetarian Stuffed Peppers

with Mushrooms & Scallion Rice



30-40min



2 Servings

Whoever figured out that stuffing a bell pepper with delicious foods makes an even more delicious food, we thank you. This recipe doesn't even need meat to be savory and satisfying thanks to mushrooms, scallion rice, and a layer of melted cheese on top. We've got you covered!

WHAT WE SEND

- 2 scallions
- 4 oz mushrooms
- 5 oz jasmine rice
- ¼ oz mushroom seasoning
- 2 bell peppers
- 2 oz shredded cheddar-jack blend ⁷
- 2 (1 oz) sour cream ⁷

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- medium saucepan
- rimmed baking sheet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 590kcal, Fat 26g, Carbs 71g, Protein 16g



1. Prep veggies

Preheat broiler with a rack in the top position.

Trim ends from **scallions**, then thinly slice, keeping dark greens separate.

Trim stem ends from **mushrooms**, then thinly slice caps.



2. Cook veggies & toast rice

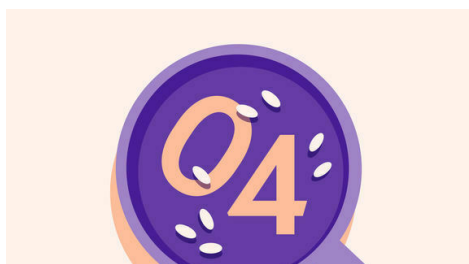
In a medium saucepan, heat **2 tablespoons butter** over medium. Add **mushrooms**; season with **salt** and **pepper**. Cook, stirring occasionally, until lightly browned, 3–5 minutes. Add **scallion whites and light greens**; cook, stirring, until fragrant and softened, about 1 minute. Add **rice** and cook, stirring occasionally, until translucent and lightly toasted, 1–2 minutes.



3. Cook rice

To same saucepan, add **mushroom seasoning**, **1¼ cups water**, and **¼ teaspoon salt**; bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes.

Let rest off heat, covered, for 5 minutes. Fold in **scallion dark greens**; season to taste with **salt** and **pepper**.



4. Cook peppers

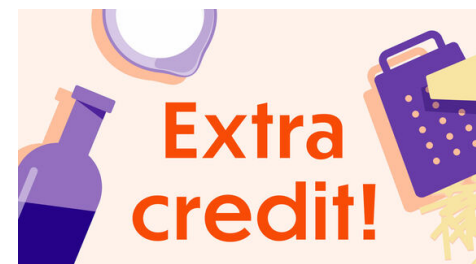
While **rice** is cooking, halve **peppers**; discard stems and seeds. Place cut-side up on a rimmed baking sheet; drizzle lightly with **oil**. Broil on top oven rack until slightly tender and browned around the edges, flipping halfway through cooking time, 8–12 minutes. Remove from oven; keep broiler on.



5. Broil & serve

In a medium bowl, stir together **all of the sour cream**, **⅔ of the rice**, and **half of the cheese** until combined. Fill **peppers** on baking sheet with **rice mixture**, then top with remaining cheese. Broil on top oven rack until cheese is melted, 1–2 minutes.

Serve **cheesy vegetarian stuffed peppers** with **remaining rice** alongside. Enjoy!



6. Add a side veggie!

Want some extra greens in there? Sauté fresh or frozen spinach with some salt, pepper, and garlic to serve on the side or to mix into the rice filling.