

# DINNERLY



## Vegetarian Stuffed Pepper Casserole:

More servings? Or leftovers? You choose!



1h



2 Servings

We've been living in our hibernation clothes for some time now, so it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! This comfort food meal serves up a little more, so you can choose-your-own-adventure. Choose to fill your plate with an extra serving OR store some away for the next day OR share with other hibernating friends and fam. Either way, you win. We've got you covered!

## WHAT WE SEND

- garlic
- 2 green bell peppers
- 15 oz can cannellini beans
- 14½ oz can whole peeled tomatoes
- 10 oz jasmine rice
- ¼ oz pkt Italian seasoning
- 2 (¾ oz) pkts grated Parmesan <sup>7</sup>

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

## TOOLS

- medium (1½–2 quart) baking dish
- medium pot

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 470kcal, Fat 10g, Carbs 78g, Proteins 15g



### 1. Prep ingredients

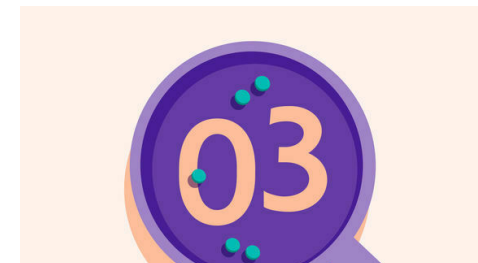
Preheat oven to 400°F with a rack in the upper third. Lightly **oil** a medium baking dish.

Finely chop **2 teaspoons garlic**. Halve **one of the peppers**, discard stem and seeds, then chop into ½-inch pieces. Thinly slice **remaining pepper** crosswise into ½-inch rings; discard stem and seeds. Drain and rinse **beans**. Finely chop **tomatoes** directly in can with kitchen shears.



### 2. Cook peppers & toast rice

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **chopped peppers** and **a pinch of salt**; cook until softened, about 5 minutes. Add **rice** and **chopped garlic**; cook until rice is toasted, about 2 minutes.



### 3. Cook tomatoes & beans

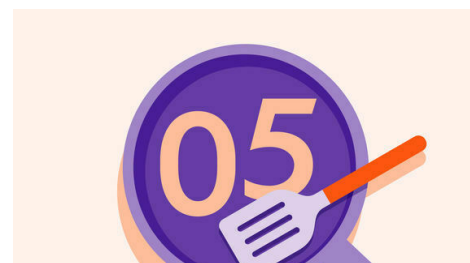
To same pot with **rice and peppers**, add **chopped tomatoes, beans, 2½ cups water, 2 teaspoons Italian seasoning, ¾ teaspoon salt, and a few grinds of pepper**. Cover and bring to a boil over high heat.



### 4. Bake casserole

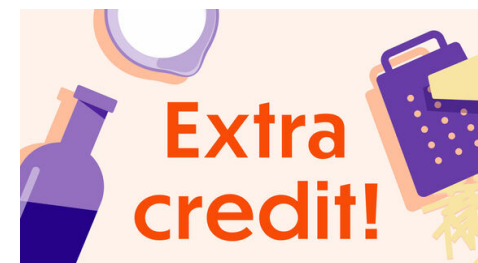
Stir **½ of the Parmesan** into **rice mixture**, then transfer mixture to prepared baking dish. Top with **sliced pepper rings** and season with **salt and pepper**.

Cover and bake on upper oven rack until peppers are tender and rice is cooked through, about 30 minutes.



### 5. Finish & serve

Switch oven to broil. Evenly sprinkle **remaining Parmesan** over top. Broil on top oven rack until cheese is melted and browned in spots, 1–3 minutes (watch closely as broilers vary). Enjoy!



### 6. Add a protein!

We made this a vegetarian meal on purpose, but if you have carnivores at your table, add a protein pack for extra meat! Stir in some ground beef with the peppers in step 2, or serve your casserole with grilled chicken or shrimp.