

## Stuffed Bell Peppers (from the Weekly Dirt 11/10)

Photos and Recipe inspired by [The Roasted Root](#).



### Ingredients:

- 2 bell peppers
- 1 celery root, peeled and cubed
- 1 cup winter squash, peeled and cubed
- 3/4 cup uncooked rice
- 1 small onion, finely chopped

- 1 cup kale or collards or braising mix, chopped
- Oil
- Seasonings
  - salt and pepper to taste
  - 2 teaspoons cumin
  - 2 teaspoons garlic powder, or 1-2 cloves fresh garlic
- Shredded cheese (optional)

**Instructions:**

1. Prepare your rice to your liking. I like to do a 1:1 ratio in the rice cooker after thoroughly rinsing the rice until the water runs clear with a splash of oil and pinch of salt.
2. Heat your oil in a large pan over medium heat. Sauté your celery root and squash for 5 minutes.
3. During this, preheat your oven to 400 degrees and prep your peppers by cutting them in half lengthwise, removing the insides, and placing them face down on a baking sheet.
4. Bake the peppers for about 5 minutes to soften them up. Allow them to cool after and flip them over.
5. Add a splash of water to replace the moisture in the pan. Add all of your spices at this point and mix until everything is thoroughly combined.
6. Cover and sauté for another 6-8 minutes until the celery root and squash are soft.  
Combine this sauteed mixture with the rice and chopped greens. Set this aside.
7. Taking your flipped over pepper halves, stuff them with the rice, squash, and celery root mixture.

8. Bake these for 7 more minutes. If you want melted cheese on top, take the peppers out 2 minutes before they're supposed to be done and top with the cheese of your choice to finish baking for the remaining time. Enjoy!

### **Extra Kitchen Tips - Dried Beans**

The first time I worked with dried beans, I was incredibly intimidated, but it turns out that they are simple to work with and are a delicious way to add more protein and substance to your dishes. The website I have linked does a great job of explaining how you can cook your dried beans. Once they are cooked, you can add them to any dish you would normally put beans in. I didn't include them in the recipe, but I think it would work really well so definitely give it a try if beans are something you especially enjoy.

The recipe is at the bottom of this [page](#), but if you want some extra information about cooking with dried beans, they do a really great job at providing that as well.

NOTE: Before cooking, be sure to soak beans for 24 hours before adding to recipes. If saving seeds for over two weeks, place in the freezer for at least 24 hours to kill any hidden pests. After removing from the freezer, store in a dry dark location in a sealed container.