

Vegetarian Stuffed Bell Peppers with Israeli Couscous

Ingredients

- 1 ½ cups dried Israeli couscous
- 4 large bell peppers
- 2 cloves of garlic
- 1 medium-large tomatoes
- ½ small onion
- ½ lemon (zest and juice)
- ¼ cup fresh chopped basil
- ¼ cup fresh chopped parsley
- ½ tsp. dried thyme
- ½ tsp. ground cumin
- ¼ tsp. dried oregano
- ½ tsp. salt
- Oil, for greasing

Steps

1. Bring two cups of water to a boil and add the Israeli couscous. Reduce to a simmer, and cook until tender and the water is absorbed (about 8 minutes).
2. While the couscous is cooking, preheat the oven to 350°F (175°C) and grease a glass baking dish. Slice the tops off the bell peppers and remove the seeds- if necessary, slice a tiny amount of the bottoms as well so they are able to stand, and set aside. Mince the garlic, and chop the tomato and onion into small pieces.
3. Once the couscous is cooked, mix the onion, garlic, tomatoes, lemon zest and juice, basil, parsley, thyme, cumin, oregano and salt into the couscous. Taste and adjust seasoning to taste. Spoon the filling into your bell peppers, filling them to the top. Place the standing stuffed peppers in the baking dish, and cook in the preheated oven for an hour.

