

Halloween Stuffed Peppers (AKA Vomiting Jack-o-Lanterns)

Ingredients

- ¾ cup dried split red lentils
- ¼ cup dried white rice
- ¼ cup dry TVP
- ½ red onion, diced
- 2 cloves garlic, minced
- ¼ cup chopped oyster mushrooms
- 1 large tomato, chopped into small pieces
- Olive oil, for cooking
- 2 tbsp. nutritional yeast
- 1 tbsp. soy sauce
- 1 tsp. dried thyme
- ½ tsp. oregano
- ½ tsp. cumin powder
- ¼ cup sweet corn kernels
- Salt and pepper, to taste
- 4 large orange bell peppers

Steps

1. First rinse the rice a few times to remove excess starch, then combine the lentils, rice, and TVP in a medium-sized saucepan, and cover with 3 cups of water. Bring up to a boil, then reduce the heat and cover until all the water is absorbed.
2. While the lentils are cooking, preheat the oven to 375°F (190°C). Next heat some oil in a large skillet. Add the onion, and sauté until softened. Then add the garlic and mushrooms, cooking for 2-3 minutes before adding the tomatoes. After a couple more minutes, add the cooked lentil mixture, nutritional yeast, soy sauce, herbs, and corn. Season with salt and pepper, and stir well to combine. Turn off the heat.
3. Prepare your peppers. First make sure they are able to stand upright, and if needed cut the bottom of the pepper to be level (making sure not to cut all the way through the pepper). Cut the top of the pepper with the stem off, and scoop out the seeds and inside bits. Next use a sharp paring knife to carve a jack-o-lantern face in each pepper. Try to keep the features small, as the larger the holes the more likely it is your pepper will collapse.
4. Lightly grease a glass baking dish. Fill each of your peppers with the filling, heaping the filling over the top. Place in the preheated oven and bake for about an



hour, so the peppers have softened and the filling on top becomes crunchy. Serve warm, and enjoy!