

id: stuffed_peppers.v.1.2 2019/08/21 04:35:43 deaven Exp \$

- Servings: 4
6. Serve in bowl with (F).
until melted.
 5. Place (E) in top of stuffed peppers and return to oven for 20 minutes.
 4. Add (D), (C) to (B) and mix thoroughly. Stuff (A) with the resulting mixture, place in oven, and bake at 425F for 20 minutes.
- you used frozen peppers, remove them from oven at this time.)
mushrooms with oil. Roast at 425F for 10 minutes. (if

Vegetarian/Stuffed Peppers

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- A: 4 bell peppers, green or red
B: 1C textured vegetable protein
2C chicken or vegetable bouillon
C: 4-5 mushrooms
1T canola oil
D: 1T kitchen bouquet
1/3C milk
2 eggs
1t salt
1t pepper
E: 4 slices jack cheese
F: Tomato soup

1. Begin to preheat oven to 425F. if (A) are fresh, parboil until crisp-tender and place in metal roasting pan. If frozen, place into metal roasting pan and put in warming oven to thaw.
2. Combine (B) and remove from heat, allowing to stand.
3. Chop (C) and place on metal pan, tossing to cover

