



Lentil Stuffed Peppers

Ingredients:

2/3 c Red lentils
4 T Vegetable oil, divided
6 bullhorn peppers
1 tsp Cumin seeds
2 Onions, chopped
2 hot green chilies
1- 1 inch piece ginger, grated
1 T Ground coriander
1 ¼ cups water
Salt & pepper
2 T Chopped cilantro

Preparation:

Rinse lentils & soak for 30 minutes. Heat half oil in skillet. Add peppers & cook for 3 to 5 minutes till golden brown. Drain & cool. Add remaining oil to pan. Cook cumin till they begin to pop. Add onions & chilies & cook for 8 minutes. Stir in ginger & coriander. Drain lentils & add to the pan with water. Stir well & cover. Cook for 15 to 20 minutes until the liquid has evaporated.

Stir in salt & pepper. Add cilantro. Cut tops off peppers & remove seeds. Stuff with the lentils & replace the tops. Lay in a baking dish. Bake at 350F for 15 minutes.