

# Smokey Stuffed Peppers

Adapted from: Ashley McLaughlin (*Edible Perspective*)

**Prep time:** 10 minutes  
**Cook time:** about 1 hour

**Total time:** 1 hour 10 minutes  
**Serves:** 4



## Ingredients

½ cup dry millet	2 ½ tbsp. sunflower or olive oil
1 cup vegetable broth	1 ½ tsp. smoked paprika
4 bell peppers, halved and deseeded	1 cup chickpeas
3 cups broccoli, chopped	1 ½ tsp. oregano
1 cup leek (or yellow onion), rinsed and chopped	¼-1 tsp. salt
1 cup sharp cheddar cheese, grated	½ tsp. black pepper
1 tbsp. + 1 tsp. garlic, minced	½ tsp. cumin
	¼ tsp. cayenne (optional)

## Instructions

1. Place a pot over medium heat with ½ tablespoon of oil.
2. Rinse the millet (with a fine mesh strainer) and then pour into the heated pot and stir for about 1 minute.
3. Add the vegetable broth and bring to a boil over med-high heat, then reduce heat to simmer and cover for 18 to 20 minutes, until the liquid is absorbed. Do not stir while cooking.
4. Take off the heat, still covered, and let sit for 5 to 10 minutes then fluff with a fork.

5. In a large skillet add 1 tablespoon of oil and heat over medium/medium-low.
6. Add the leek [or onion] once hot and cook for about 6 to 8 minute until just starting to brown.
7. Add in the minced garlic, smoked paprika, oregano, ¼ teaspoon salt, black pepper, cumin, and cayenne (add more salt depending on the sodium content of your veggie broth) and stir for 30 seconds to 1 minute until fragrant.
8. Add in the broccoli and chickpeas, set to medium heat, and cook for about 7 to 10 minutes. Stir occasionally until the broccoli is just tender.
9. Add in the cooked millet (should be 2 cups cooked) with the remaining 1 tablespoon of oil, stir to combine, and let cook over medium-low for 5 minutes. Taste and add more salt/pepper if desired.
10. Set your oven to broil and very lightly brush the peppers with oil.
11. Place face down on a baking sheet and broil on the top rack for about 2 to 3 minutes on each side, until just starting to soften.
12. Stir the 1 cup of cheese into the broccoli mixture, then scoop into each pepper half and top with a sprinkle of cheese on each.
13. Broil for 2 to 3 minutes until bubbly and golden brown on top, remove from the oven, and serve. Top with mashed and salted avocado if desired. Enjoy!

Note: This recipe can easily be made vegan. Also, quinoa can be used instead of millet; just adjust the cooking time to 15 to 17 minutes. Finally, smoked paprika is much different to plain paprika and is crucial to the flavor of this dish.