

Stuffed Peppers with Chik'n

2 cans (13 ounce) Loma Linda Diced Chik
4 large peppers (green/yellow/orange/red)
1/3 cup onion, chopped
1/3 cup celery, sliced
1 garlic clove, minced
2 tablespoons butter
2 cups vegetable broth
1/4 cup carrots, finely chopped
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
1 can (14-1/2 ounces) diced tomatoes, undrained
1/4 cup zucchini, chopped
1 cup fresh mushrooms, chopped
1/4 cup grated Parmesan cheese
1 package (6 ounces) long grain brown and wild rice blend

Directions:

Cut tops off peppers; remove seeds. In a large kettle, cook peppers in boiling water for 3 minutes. Drain and rinse in cold water. Place upside down on paper towels; set aside.

In a large saucepan, sauté the onion and garlic in butter until tender. Add the Diced Chik, broth, rice (with contents of seasoning packet), celery, carrot, basil and thyme; bring to a boil. Reduce heat; cover and simmer for 25 minutes or until the rice is almost tender.

Remove from the heat; stir in the tomatoes, mushrooms and zucchini. Spoon rice mixture into the peppers; place in a greased 2-quart baking dish. Spoon the remaining rice mixture around peppers.

Cover and bake at 350° for 25-30 minutes or until the peppers are tender and filling is heated

Through. Uncover and sprinkle with Parmesan cheese; bake 5 minutes longer. Yield: 4 servings

Submitted by Robert C. of North Carolina