



Cook Your Own

Healthy Stuffed Peppers

Stuffed peppers make an easy starter or a quick supper. Mix and match the fillings to whatever you like.

Recipe

- 4 large bell peppers
- 1 small bag of frozen mixed veg
- 1 pouch microwave rice (250g)
- 100g cheddar cheese
- 8oz tomato sauce - see our [Kids Country recipe](#)
- Salt and black pepper



Method

1. Heat the oven to 190°C and grease baking tray lightly with oil
2. Mix together the frozen vegetables, rice, cheese, tomato sauce and a pinch of salt and pepper.
3. Cut the tops of the bell pepper and spoon your mixture into the pepper
4. Bake in the oven for 20 minutes
5. Take out of the oven and lightly sprinkle some more cheese on top. Let it cool down until it's ready to serve.

Always ask for an adult's permission before cooking in the kitchen!

