



Emmer Stuffed Peppers

Makes 6 servings

- 2 cups reduced sodium vegetable broth
- 1 cup uncooked **Fieldstone** Emmer
- ½ tsp each ground cumin, ground coriander and curry powder
- 6 medium bell peppers in a variety of colours
- 1 Tbsp olive oil
- 1 cup chopped onions
- 1 tsp minced garlic
- 3 cups chopped shitake mushrooms
- 3 cups coarsely chopped baby spinach leaves
- ½ cup sweet green peas
- ½ cup crumbled feta cheese
- 2 Tbsp minced fresh mint leaves
- 1 tsp grated lemon zest
- ½ tsp freshly ground black pepper

Combine vegetable broth, Emmer, cumin, coriander and curry powder in a medium pot. Bring to a boil. Reduce heat to low, cover and simmer for 40 minutes or until Emmer is tender but chewy. Remove from heat and let stand, covered until ready to use.

Trim the tops off bell peppers. Remove seeds and discard stems. Mince tops and set aside.

Heat olive oil in a deep, 10-inch skillet over medium heat. Add onions, reserved minced bell pepper tops and garlic. Cook and stir until vegetables begin to soften, about 4 minutes. Add mushrooms and continue to cook until mushrooms are tender, about 5 minutes. Add spinach and cook until wilted, about 2 minutes. Remove from heat.

In a large bowl, combine cooked Emmer with mushroom mixture, peas, feta, mint, lemon zest and black pepper. Mix well. Spoon filling into bell peppers. Place peppers upright in a 9 x 13 inch baking pan. Cover loosely with foil. Bake at 375 for 25 minutes. Remove foil and continue baking until bell peppers are tender, about 10 to 15 minutes. Serve hot

