



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 45 mins in oven

3 hrs slow cooker High

Serves: 6

VEGETARIAN STUFFED CAPSICUMS



INGREDIENTS

- 2 tbsp olive oil
- 1 tsp *Mexican Spice Mix*
- 1 cup mushrooms, finely diced
- 1 cup pumpkin, finely diced
- 1 large zucchini, finely diced
- 5 spring onions, thinly sliced
- 2 cloves garlic, crushed
- 2 x 425 cans kidney beans
- 1 x 400g can diced tomatoes
- 1 tbsp tomato paste
- 1 tbsp honey
- 1/4-1/2 cup coriander, finely chopped (garnish)
- coconut cream with a dash of lemon juice (to serve)
- 8 capsicums, red and / or green

METHOD

- Preset oven to 180°C (350°F). Omit if using slow cooker.
- Heat olive oil in frying pan and add Mexican Spice Mix. Stir for 1 minute, then add diced vegetables and garlic.
- Fry, stirring for 12-15 minutes until cooked and browning.
- Add kidney beans, tomatoes, tomato paste, honey, and coriander and cook 3-5 mins.
- Core capsicums and remove membranes and seeds.
- Stand each one in baking dish or slow cooker dish and fill with mixture.
- If cooking in the oven, drizzle olive oil over them, and bake for 15-20 minutes.
- If using slow cooker, pour a little water into the base or the pot and bake capsicums for 3 hours on High.
- Serve with coconut cream mixed with lemon juice and chopped coriander over the top.