

RECIPE

Spicy Potato Stuffed Green Peppers






Prep time **15 minutes**

Serves **6- 8 people**

Cooking time: 30-40 minutes

Ingredients

- 8 peppers or 15 peppers See Note*
- 2.5 cups hot mashed potatoes |
- 5 tablespoons ghee , unsalted butter  or margarine |
- 1 tablespoon cumin seeds |
- 1/2 teaspoon turmeric |
- 1 teaspoon chat masala or amchor (mango powder|
- teaspoon salt
- .25 teaspoon cayenne pepper  or paprika |
- 1/2 teaspoon sugar|
- fresh or dried parsley  |
- 2 tablespoons chickpea flour
- optional 1/2 cup cheddar cheese vegan cheese cut in small cubes

Preparation

1. This recipe is from Yamuna Devi fabulous Art of Indian Vegetarian Cooking. She's explains that this recipe is from her test kitchen so quantities will vary depending on the size of peppers you have. Normally fried , she's chosen to bake them and the results are delicious. * You'll need 8 peppers anywhere from 7-8 inches or 4-5 inches long. Plan on 15 peppers if 3-4 inches long.
2. Cut a slice from the stem end of each pepper . Scoop out the seeds and rinse inside and out. Plunge into boiling water

for 3-4 minutes, remove and drain with the cut side down.

3. **Assemble the stuffing by mixing the mashed potatoes with 3 tablespoons of the ghee.** Lorem ipsum dolor or butter and the cumin seeds, turmeric, chat masala or anchor, cayenne or paprika, sugar salt and fresh herb. Sprinkle with the chickpea flour and mix again. The mixture will be dry but is less likely to ooze out during baking. Let cool to room temperature .
4. **If you wish to use cheddar cheese place about ½ tbs in each pepper and shake toward the pointed end.** carefully spoon in small amounts of the stuffing packing lightly and take care not to treat the small opening. Close.
5. Use a baking dish that will allow you to lay the peppers in a single layer barley touching. Melt the remaining 2 tablespoons of ghee or butter, brush the dish with it , add the stuffed peppers and brush them with the melted ghee/butter. Bake in a preheated 350F oven for 30-40 minutes turning 2-3 times out until the peppers are fork tender and lightly browned .

Tips

Serve as a side dish or main dish. Leftover mashed potatoes can be eaten with another meal!