

Wining and Dining *the Casa di Vino Way*

VEGETARIAN STUFFED PEPPERS

Yield: 4 servings

Amount	Ingredient -- Preparation Method
1/2 lb	Dry red kidney beans
1 cup	Brown rice
6	Green Bell Peppers
3 tb	Olive oil
4 cloves	Garlic (minced)
1	Onion (diced)
2	Stalks celery (diced)
2	Carrots (diced)
2	Tomatoes - peeled, seeded,
1/2 ts	Dried basil
1/4 ts	Dried red pepper flakes
1/2 ts	Dried oregano

Bring 2 1/2 cups salted water to boil, add 1 cup rice, cover and simmer for 45 minutes (or until all liquid is absorbed). Put 2 tablespoons olive oil in frying pan and add the minced garlic. Saute for 3 minutes, stirring so the garlic doesn't burn. Add onion, celery, and carrots and saute for an additional 5-7 minutes. Remove from heat and mix with the rice. Add the seasonings (all the dried seasonings, plus salt and pepper) and mix well. Mix in the beans with 2 tablespoons of the reserved liquid. Cut the tops off the green peppers and remove the seeds. Stand peppers in shallow baking dish that has been brushed with 1 tablespoon olive oil. Fill peppers with bean and rice mixture. Ladle seasoned diced tomatoes over top of each pepper and top off each with a tablespoon of reserved liquid. Cover dish and roast in 350' oven for 35-45 minutes or until peppers are tender.

Courtesy of Recipe Source

**Suggested Wine Pairing:
2008 Umani Ronchi Sangiovese**

Casa di Vino is located in Johnston, Iowa (86th Street, adjacent to the Dahl's Grocery Store)