

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Intermediate

Time required: Moderate

Extra ingredients: Several



Vegetarian Stuffed Bell Peppers

Ingredients

1 teaspoon olive oil
2 cloves minced garlic
½ yellow onion, diced
½ jalapeno, seeded, diced
¾ cup uncooked rice or quinoa
½ cup vegetable broth
1 15 oz can black beans, drained
1 medium sweet potato, peeled diced
2 tomatoes, chopped

1 tablespoon chile powder
½ teaspoon cumin
½ teaspoon dried oregano
½ cup chopped cilantro
1 teaspoon red pepper flakes
Salt & pepper
3 bell peppers
¾ cup shredded cheese

Directions

- 1) Preheat oven to 400 F. In a saute pan over medium-high heat add olive oil. Add onion, jalapeno, garlic, and saute until onions begin to soften and turn translucent, about 4-5 minutes. Place into bowl and set aside.
- 2) Cook rice or quinoa according to directions.
- 3) While rice/quinoa is cooking place a medium pot over high heat and fill with water, bring to a boil and add diced sweet potato. Reduce heat to medium, cover and cook to about 6 minutes or until potatoes are fork tender. This might take more or less time depending on the size you dice your sweet potatoes.
- 4) Once tender, drain sweet potatoes and place into bowl with cooked rice/quinoa and onion mixture. Gently stir in black beans, tomatoes, ½ cup vegetable broth, chili powder, cumin, oregano, cilantro, red pepper flakes, and salt & pepper.
- 5) Arrange peppers in large skillet or baking pan and stuff with a heaping ½ cup of mixture. Cover with foil and bake for 20-30 minutes until tender. Uncover and sprinkle each with 2 tablespoons shredded cheese. Place in oven for 5 minutes longer or until cheese melts. Remove and serve immediately with topping such as sour cream or your favorite hot sauce or guacamole.

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Cucumber Salad with Charred Onion

Ingredients

1 fresno chile, thinly sliced into rings, seeded if desired
4 tablespoons red wine vinegar
2 medium red onions, sliced into ¼ inch rounds

4 tablespoons olive oil, divided, plus more for serving
Salt & pepper
1 cucumber, sliced into thin rounds
¼ teaspoon dried oregano

Directions

- 1) Heat a skillet on medium-high heat. Combine chile and 2 tablespoons vinegar in a small bowl; set aside. Place onions on a baking sheet drizzle with 2 tablespoons oil, season with salt & pepper. Turn to coat.
- 2) Saute onions until lightly charred and softened. About 2-4 minutes per side. Transfer to large bowl and toss with remaining 2 tablespoons of vinegar; let cool.
- 3) Coarsely chop ½ cup grilled onion and return to bowl. Add chile and soaking liquid, cucumber, dried oregano, and 2 tablespoons oil and toss to combine.
- 4) Season with salt and pepper, and drizzle more oil on top if desired.