

# Garlic Stuffed Peppers

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	15 MIN	35 MIN		10

Garlic stuffed peppers are a colorful and nutritious dish made with bell peppers filled with a flavorful garlic-infused mixture. They are hearty, healthy, and perfect for vegetarian and vegan meals. This easy recipe is versatile and can be customized with grains, vegetables, or plant-based proteins. It's a great option for meal prep, family dinners, or healthy eating.

## Ingredients

- 4 bell peppers (halved and seeds removed)
- 4 garlic cloves, minced
- 1 cup cooked rice or quinoa
- 1 cup mixed vegetables (corn, peas, carrots)
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: herbs or vegan cheese

## Recipe Summary

- Prep Time: 15 minutes
- Cook Time: 30-35 minutes
- Total Time: 45-50 minutes
- Servings: 4
- Course: Main Dish
- Cuisine: International

## Cooking Method

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### Instructions

1. Preheat oven to **375°F (190°C)**.
2. Place halved bell peppers in a baking dish.
3. Heat olive oil in a pan and sauté garlic for **1-2 minutes**.
4. Add cooked rice or quinoa and vegetables.
5. Season with salt and pepper and mix well.
6. Spoon the mixture into the peppers.
7. Cover with foil and bake for **25-30 minutes**.
8. Remove foil and bake for another **5 minutes** if desired.
9. Serve warm.

## Cooking Tips

- Use pre-cooked grains for faster prep
- Do not overbake to keep peppers tender
- Add garlic after heating oil to prevent burning

## Variations

- Add chickpeas or lentils for protein
- Add tomato sauce for extra moisture
- Use roasted garlic for deeper flavor
- Top with vegan or regular cheese

## What to Serve with Garlic Stuffed Peppers

- Salad
- Soup
- Garlic bread
- Roasted vegetables

## Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

### **Reheating**

Reheat in the oven or microwave until warm.

### **Frequently Asked Questions**

#### **Can I make stuffed peppers ahead of time?**

Yes, prepare and refrigerate before baking.

#### **Can I freeze stuffed peppers?**

Yes, freeze for up to 2 months.

#### **Can I use different grains?**

Yes, quinoa, rice, or couscous all work well.

### **Recipe Author**

**Mary Thompson**

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