



# STUFFED VEGETABLES

## Ingredients

### Stuffed Vegetables

- 2 red peppers
- 2 zucchinis
- 1 small eggplant

### Stuffing

- 1 package of tofu or ground turkey
- 2 cups mushrooms
- 1 large red onion
- 1/2 cup cherry tomatoes
- 1/2 cup chopped broccoli
- 1/2 cup chopped red pepper
- 1 cup of red & white quinoa
- 1 carton of vegetable broth
- 1 L of tomato sauce
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- dōTERRA's thyme oil
- 1 tbsp olive oil
- 4 cloves of garlic

## Directions

- **Step 1:** Wash the vegetables & cut the top off the red peppers. Clean out the centre. Cut the eggplant & zucchinis in half & scrape out the centre to be filled. Bake at 350F for ~40 minutes while prepping the stuffing.
- **Step 2:** Boil quinoa in 2 cups water with some salt or in 2 cups vegetable broth for ~15 minutes.
- **Step 3:** Wash, chop & sauté tofu, turkey & vegetables for the stuffing in some olive oil, salt, pepper & garlic powder (you can use whichever vegetables you have). If you are sautéing meat, do that first to ensure most is cooked before adding in the the vegetables. Add a drop of thyme oil in the the olive oil during the last 2 minutes of sautéing. Stir occasionally.
- **Step 4:** Mix 750ml of tomato sauce into the quinoa once all water has evaporated. Then mix the quinoa into the sautéed vegetables mix.
- **Step 5:** Stuff the red peppers, zucchinis & eggplant with the stuffing. Top with some more sauce & cheese if preferred.
- **Step 6:** Bake for ~5 minutes.



**Total Time:** 50 Minutes

Enjoy