

# Vegan Monday: Bell Peppers Stuffed With Mushroom-Barley Filling

## Ingredients:

Difficulty: Easy

Time: About 50 minutes cooking, 40 minutes baking  
(makes 8 pieces)

Printable PDF-recipe (no photos)

2.5 dl (or 1 cup) pearl barley, soaked overnight (I used broken barley)

2 tbsp olive oil

1 medium onion, diced (80 gr net)

4 tbsp (or 40 gr) pine nuts

1 can (net weight 170 gr) chopped mushrooms, drained

salt and pepper to taste

100 gr vegan feta cheese, I used Violife Greek style cheese

1 dl (or 20 gr) grated vegan parmesan; I used Violife brand

2 red and 2 yellow bell peppers, cut in two

For topping:

1/2 cup (or 10 gr) grated vegan parmesan

2 tbsp (or 20 gr) breadcrumbs

For service (optional)

watercress

edible flowers

## Instructions:

1. Drain barley and put it in a pot, add 1 litre (4 cups) of water. Put on medium-high heat and cook for about 25 minutes, until the barley is soft and well-cooked. Drain and put in a bowl.
2. Put olive oil, onion and pine nuts in a large pan (better if it is a large, shallow "pilaf" pan) on medium-high heat and saute for about 3 minutes.
3. Add mushrooms to the pan and continue to saute for 6-7 more minutes until the mushrooms are tender and well-cooked. Make sure to stir frequently while cooking.
4. Add cooked mushroom mixture to barley and mix well.
5. Add salt, pepper, feta-style cheese and parmesan and mix well.
6. Preheat the oven to 180C and prepare 1 or 2 oven trays with baking paper (I had to do mine in 2 batches since my oven is too small).
7. Fill the peppers with the mixture. Distribute the filling evenly between peppers. About 2.5 heaped tablespoons for each pepper was good for me. Put in the middle part of the oven and bake for 20 minutes first.
8. Mix parmesan and breadcrumbs for topping.
9. Take the peppers out of the oven after 20 minutes (DO NOT TURN OFF THE OVEN) and spread some breadcrumb mixture. Put back in the oven and bake for 20 more minutes. Take them out of the oven and let them cool while preparing plates. Put a bunch of watercress on the plates and one piece of pepper. Decorate with edible flowers. This service design is optional. The peppers also taste well when cooled down/the next day. They stay good for 3 days in the fridge. Enjoy!