

○ ***Stuffed Peppers:***

- Wash and clean the inside of 16 peppers (peppers cut in half)
- Prepare the seitan mixture by mixing (two recipes are available):
- Preparation Method 1:
 - 3 liters seitan bolonez
 - 0.75 liters tomato concentrate
 - 1 liter of onion, minced and fried
 - 3 tablespoons of minced garlic
 - Salt and Pepper to taste
- Preparation Method 2:
 - 1.2 liter shwarma
 - 1 liter rice
 - 1/2 cup olive oil
 - 2 cups tomato sauce
 - 0.5 cups of carrots
 - 2 tbsps garlic
 - 2 bunches of parsley
 - 1.5 cups of dried cranberries
 - 1 bunch chives
 - Salt + Pepper to taste
 - Onion
 - Thyme
- Stuff the veggies and bake them for about 25 minutes.
- Spread cheese over them and bake them for another 5 minutes