

# Stuffed Bell Peppers with Rice and Feta

## Ingredients:

- 4 large bell peppers (any color)
- 2 cups cooked rice (white or brown)
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 cup cherry tomatoes (or 1 cup diced canned tomatoes)
- ½ cup crumbled feta cheese
- 2 tbsp olive oil
- 1 tbsp fresh parsley or basil, chopped
- 1 tsp dried oregano
- Salt & black pepper to taste



## Instructions:

- Preheat oven to 375°F (190°C). Slice off pepper tops and remove seeds.
- Heat olive oil in a skillet, sauté onion and garlic until soft.
- Add tomatoes, oregano, salt, and pepper. Cook 5 minutes.
- Stir in cooked rice and feta cheese. Mix well.
- Stuff peppers with mixture and place upright in a baking dish.
- Drizzle with olive oil, cover with foil, and bake 25 minutes.
- Remove foil, bake 10 minutes more until peppers are tender.