

## INGREDIENTS

1 pack Garden Gourmet Sensational Mince

6 peppers, color of choice

1 white onion

1 garlic

400 g canned kidney beans

400 g canned tomato cubes

1 red pepper

100 g rice

parsley, to finish

pepper and salt

 6 SERVINGS

 30 MIN

 INTERMEDIATE

Create your own vegan Scary Pepper Family using Garden Gourmet Sensational Mince. Pick your pepper colors and bring these deliciously spooky peppers to life!

## PREPARATION

### 1. Cook the rice

Cook the rice according to the package instructions and let the rice drain.

### 2. Chop the veggies

Finely chop the white onion, garlic and red pepper.

### 3. Stew onion and garlic

Stew the onion and garlic for about 3 minutes.

### 4. Bake the Sensational Mince in stew

Add the Sensational Mince and bake for a few minutes, until golden brown.

### 5. Add kidney beans and tomatoes and simmer away

Add the kidney beans and tomato cubes, season with pepper and salt and let it simmer for 15 minutes.

### 6. Preheat the oven

Preheat the oven to 200 degrees.

### 7. Cut off the peppers' tops and hollow them

Cut the cap off the peppers and hollow it out.

### 8. Put creativity and emotions on the peppers

With your little ones, make your peppers scary faces. Eyes, nose, mouth, let your imagination drive you!

### 9. Stir the rice in the sauce

Stir the rice in the sauce and mix gently with the sauce.

### 10. Scoop the mixture into the peppers

Scoop the rice with tomato sauce in the peppers. Your little one can help you with this step with a spoon.

### 11. Bake the stuffed peppers

Place the stuffed peppers in the middle oven the oven for about 15 minutes, until the peppers are well cooked.

### 12. Have a fun and delicious Halloween!

Finish with parsley and serve immediately.

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