

# BAKED PEPPER-TOMATOES with BELUGA LENTILS

*These tomato hybrids have very little interior ‘meats’ and just a small amount of seeds- perfect for stuffing with a savory filling but better than a whole pepper as the skin is softer and flesh is sweeter. In this recipe I have used black Beluga lentils that contrast beautifully with the bright yellow tomato and red sauce, and the lentils retain more texture when cooked as opposed to a red or yellow lentil- French green lentils could be substituted in this dish with a similar look and mouth-feel.*

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## Ingredients

4 large yellow Pepper-Tomatoes  
1 small Onion, about 1/3 Cup diced  
1 medium Carrot, about 1/3 Cup diced  
1 medium green Bell Pepper, about 1/3 Cup diced  
2 Tablespoons blended oil  
1/2 Cup black Beluga Lentils  
1 teaspoon Salt  
1/2 teaspoon dried Basil  
1/2 teaspoon dried Oregano  
1/2 teaspoon Garlic Powder  
1 Cup water  
1 Cup shredded Cheese + a little extra  
1 1/2 Cups Marinara Sauce

## Directions

Preheat oven to 350F.

Slice off the top of each tomato and remove the seeds and some of the membrane from the rib sections. Sprinkle the interior with salt and set aside in a lightly greased baking dish.

Heat oil over medium heat in a small saucepan and add diced onion, carrot & peppers. Cook for 8 minutes or so until the onions are softened and pepper just starting to turn dull green.

Increase heat to medium-high, add lentils and seasonings and stir to combine before pouring in water.

Bring to a boil and let simmer for 10 minutes, reduce heat and cover the saucepan with a lid and continue to cook for a further 20 minutes or until lentils are tender but not too soft.

Fold in cheese and spoon filling into tomatoes before pouring sauce into baking dish and placing in the oven.

Bake for 35 minutes until sauce is bubbling at the edges and cheese is melted.

Serve as a side dish or main course with rice or noodles.