

## FARM TO FORK STUFFED PEPPERS WITH ROASTED RED PEPPER AND ZUCCHINI ENCHILADA SAUCE

Submitted by Chef Dan Hess at UW Health

**SERVES 20**

### INGREDIENTS

1 ½ cup olive oil  
5 oz. red onion, chopped  
6 garlic cloves, whole  
1 ¼ lbs. roasted red peppers  
18 oz. tomato juice  
3 tbsp. vegetable base  
1 ½ cups hot water (adjust as needed)  
2 ½ lbs. zucchini, chopped  
4 oz. green onions, roughly chopped  
1 jalapeño, quartered  
2 tsp. dried oregano  
2 tsp. black pepper  
2 tsp. kosher salt  
4 oz. fresh cilantro  
1 cup white quinoa  
2 cups vegetable stock  
22 oz. garbanzo beans, drained, & rinsed  
22 oz. black beans, drained, & rinsed  
1 lb. butternut squash, diced ¼ in. cubes  
1 lb. sweet potatoes, diced ¼ in. cubes  
1 lb. flame-roasted corn  
8 oz. yellow squash, diced  
¼ cup avocado oil  
1 ½ tbsp. ground cumin  
1 ½ tbsp. ground coriander  
2 tbsp. chili powder  
4 tbsp. lemon pepper  
5 tbsp. garlic salt  
2 tbsp. paprika  
10 bell peppers, cleaned & halved  
2 oz. cilantro, chopped

### PREPARATION

1. Enchilada sauce: Heat olive oil in a pan over medium heat. Sauté onions and garlic for 5 mins. to infuse the oil. Stir in roasted red peppers, tomato juice, vegetable base, and chipotle seasoning. Whisk to combine. Heat over low until the mixture reaches 165° F. Blend the mixture in a blender or using an immersion blender until smooth, adding hot water gradually to achieve desired consistency. Keep warm.
2. Zucchini sauce: Heat olive oil in a pan over medium-high heat. Sauté zucchini, jalapeño, and garlic for about 5 mins., allowing them to char slightly. Add green onions and sauté for an additional minute. Transfer mixture to a blender. Add oregano, black pepper, kosher salt, and cilantro. Blend, gradually adding hot water to reach desired consistency. Keep sauce warm for plating.
3. Pepper stuffing: Bring vegetable stock to a boil. Add quinoa, reduce heat, and simmer covered for 12-15 mins. Set aside. Heat a pan with avocado oil. Add onions, zucchini, and yellow squash. Sauté for 2 mins. or until al dente. Stir in the black beans, garbanzo beans, corn, and chipotle seasoning. Toss until the mixture reaches 165° F. Keep warm. Preheat the oven to 350° F. Toss sweet potatoes and butternut squash with olive oil

and 1 tbsp chipotle seasoning. Spread evenly on a sheet pan. Bake for 10-15 mins., or until cooked through and slightly crisp. In a large bowl, mix quinoa, bean-vegetable mixture, and roasted squash mixture. Keep warm.

4. Chipotle seasoning: Combine ground cumin, ground coriander, chili powder, lemon pepper, garlic salt, paprika, and mix well.
5. Peppers: Steam halved peppers for about 3 mins. until al dente. Drain peppers and pat dry. Fill each pepper with prepared stuffing. Bake peppers at 350° F for 5 mins.
6. Assembly: On each plate, scoop a portion of zucchini sauce, creating a base. Add a smaller scoop of enchilada sauce in the center of the green sauce. Place a stuffed pepper on the sauces, ensuring both sauces are visible. Garnish with microgreens or chopped fresh cilantro.

