



Stuffed Vegetables: Top 50 Most Delicious Stuffed Vegetable Recipes (Recipe Top 50's Book 64)

By Julie Hatfield

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Stuffed vegetables are a fantastic option for people who are keen on light, bite-sized, low-fat and simple dishes. The most-used vegetables in this recipe book are bell peppers, zucchini, eggplant, mushroom, and tomatoes. The reason behind this is the soft texture and flexibility of these vegetables. This allows us to play around with them in different ways. Using a sharp knife you can easily make room for stuffing.

Stuffed with tasty shredded cheeses, warm spices, aromatic herbs, and filling ingredients such as rice, beans, quinoa, and ground meats, these vegetables are turned into complete wholesome meals that everyone will love.

With vegetarian and non-vegetarian options, this book contains something for everyone. So take your favorite vegetables, stuff it with your favorite stuffing and enjoy!

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