**Stuffed Bell Pepper**

3 c Meatless Ground ¼-½ c Onion (finely diced)

⅛ c Maple Syrup ¼ c Whole Wheat Flour

¼-½ c Bell Pepper (finely diced) ½ c Crushed Crackers (optional)

1 c Brown Rice (cooked) 2-3 c Meatless Loaf Sauce

Instructions: Combine all ingredients in a bowl and mix well. Core, wash and cut peppers in half. Fill peppers with mixture and bake at 350◦ for 20 minutes. Top stuffed peppers with Meat Loaf Sauce and bake again for 20-25 minutes or until stuffing is firm.