



Cooking Made Easy

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## Summer Succotash-Stuffed Peppers with Lima Beans & Cracked Bulgur



Succotash is a staple of Southern cuisine, and for good reason: it celebrates the variety of Summer's delicious bounty. Corn, lima beans, and tomatoes are at their peak right now, and we can think of no better way to enjoy them than with these stuffed peppers.

45 min

level 1

nut free

veggie



Lima Beans



Bell Peppers



Tomato



Corn on the Cob



Scallion



Basil



Stock Concentrate



Feta



Cracked Bulgur

Ingredients	2 People	4 People
Lima Beans	4 oz	8 oz
Bell Peppers	2	4
Corn on the Cob	1	2
Tomato	1	2
Scallions	2	4
Basil	1 bunch	2 bunches
Stock Concentrate	1	2
Feta Cheese	1) ¼ C	½ C
Cracked Bulgur	2) ¾ C	1 ½ C
Butter*	1) 2 T	4 T
Olive Oil*	1 T	2 T

\*Not Included

### Allergens

- 1) Milk
- 2) Wheat

### Tools

Small Pot, Baking Sheet, Large Pan

Ruler

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**Nutrition per person** Calories: 590 cal | Carbs: 77 g | Fat: 26 g | Protein: 20 g | Fiber: 18 g



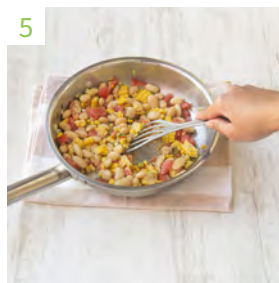
**1** Preheat oven to 425 degrees. In a small pot, bring 1 ½ cups **water** and the **stock concentrate** to a boil.

**2** Halve, core, and seed the **bell peppers**, then remove the white ribs. On a baking sheet, drizzle each half with 1 teaspoon **olive oil** and season with **salt** and **pepper**. Place in the oven to roast for 20-25 minutes, until softened and slightly caramelized.



**3** Meanwhile, add the **cracked bulgur** to the boiling water, cover, and simmer for 5 minutes. Remove from heat and set aside, covered, until the rest of the meal is ready. No peeking!

**4** While the peppers roast, cut the **corn kernels** off the cob. Core, seed, and dice the **tomato**. Thinly slice the **scallions**. Chop the **basil**.



**5** Make the **succotash**: heat 2 tablespoons **butter** in a large pan over medium heat. Add **half the scallions**, **corn**, **lima beans**, and **diced tomato** to the pan. Cook, tossing, 5-6 minutes, until tomato softens and corn is blistered. Stir in **half the basil**. Season with **salt** and **pepper**.

**6** Stir the **remaining basil** into the **bulgur** along with the **remaining scallions** and 2 teaspoons **olive oil**. Season with **salt** and **pepper**.



**7** When the **peppers** are done, stuff each half with the **succotash**. Serve on a bed of **cracked bulgur**, then sprinkle with the **feta** and enjoy!