



RECIPE | PEPPERS

VEGETABLE DUMPLINGS



45 min

20 min
PREP.

25 min
COOKING



12



medium



INGREDIENTS

3 ct Pure Flavor® Organic Sweet Bell Peppers, julienned
1 pkg wonton wrappers
1 large onion, chopped
2 cups shiitake mushrooms, chopped
1 ½ cups cabbage, finely shredded
1 ½ cups carrot, finely shredded
1 cup green onions, finely chopped
4 tbsp olive oil, divided

4 tbsp water
2 tbsp soy sauce
1 tbsp ginger, minced
2 tsp sesame oil
1 tsp sugar
½ tsp white pepper
Salt, to taste
Green onions, sliced, for garnish



DIRECTIONS

- 1 In a large skillet over medium-high heat, add 3 tablespoons of olive oil and ginger. Cook for 30 seconds, then add the onions and stir-fry until translucent.
- 2 Add the mushrooms and stir-fry for another 3-5 minutes, until the mushrooms are tender and any liquid has cooked off.
- 3 Add the peppers, cabbage and carrots and stir-fry for another 2 minutes, until the veggies are tender. Transfer mixture to a large mixing bowl and allow to cool.
- 4 To the veggies, add the green onions, pepper, sesame oil, soy sauce, and sugar. Season with salt to taste.
- 5 To assemble the dumplings, take a wonton wrapper and add filling, leaving a ½" border of dough. Pleat the dumplings to seal.
- 6 To cook the dumplings, heat the remaining oil & water on medium. Add dumplings to the pan and cover to steam for 5 minutes.
- 7 Remove cover and continue to cook on low for an additional 5 minutes.
- 8 Serve with your favorite dipping sauce and garnish with green onions!

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