



SOUTHWESTERN STUFFED PEPPERS

• Serves: 4

Ingredients:

- 2 bell peppers, halved lengthwise, seeds and membrane removed, plus ½ cup diced bell pepper
- 2 tablespoons vegetable oil
- ½ cup diced onion
- 1 teaspoon minced garlic
- ½ cup corn kernels
- 1 large beefsteak tomato, cored and diced
- 1, 15 oz can no-salt black beans, rinsed and drained
- ½ cup cooked brown rice
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¾ cup low sodium chicken or vegetable stock, divided
- 4 tablespoons shredded cheese
- Lime wedges, for serving

Directions

Preheat oven to 400 degrees. Place bell pepper halves in an 8"x 8" square baking dish and set aside.

Pour oil into a large skillet and turn heat on to medium. When oil is shimmering, add diced bell pepper and onions. Sauté until softened, about 3-5 minutes. Add garlic and cook until fragrant, 45 seconds, and then add corn, tomato, beans and rice to the pan. Stir gently to combine, making sure that the ingredients are well mixed. Add spices, salt and pepper and stir again. The mixture will look a little dry. Add ¼ cup stock and continue stirring, scraping the pan a little to get any brown bits that may have stuck to the bottom. Cook until almost all of the liquid is absorbed, about 3 minutes more.

Spoon the mixture into the prepared bell pepper halves and place in the baking dish, pressing on the filling to ensure that fits inside the pepper. You may have a little filling leftover, depending on the size of your bell peppers. Pour the remaining ½ cup of stock into the bottom of the baking dish and cover tightly with aluminum foil. Bake for 30 minutes until the peppers are tender. Remove the foil and top each pepper half with a tablespoon of cheese. Bake for 10 minutes to melt the cheese. Let cool in the pan for 5 minutes and then serve with lime wedges.

