

STUFFED PEPPERS

Prep Time: 10 mins

Cooking Time: 45 mins

Servings: 4



INGREDIENTS

- 4 bell peppers, tops removed and deseeded
- 1 medium yellow onion, diced
- 2 cloves of garlic, minced
- 1 tomato, diced
- 1 tablespoon olive oil*
- 15 oz can black beans
- 1 bunch cilantro, chopped
- 1 cup dry jasmine rice
- 1 cup shredded cheese
- 1 teaspoon cumin*
- 1/2 teaspoon chili powder*
- 1/2 teaspoon salt*

**ingredients that are not provided by the Good Food Bus*

INSTRUCTIONS

1. **Rinse and Cook Rice** : Rinse and drain rice in a strainer with cold water. Add 2 cups of water to a saucepan with the rice along with a pinch of salt and a splash of olive oil. Put saucepan on high heat, stirring every few minutes, until liquid comes to a boil. Once boiling, reduce heat to low and cover with lid. Cook until all liquid is absorbed and rice is tender, about 10-12 minutes.
2. **Preheat Oven** : While rice is cooking, preheat the oven to 350 degrees.
3. **Prep Peppers** : Cut off the tops of the pepper by using a knife to cut a circle around the stem. Carefully slice away the inside membrane area with the seeds, pull out of the pepper, and discard. Slice away any additional membrane on the inside of the pepper. (*Helpful Hint : You can keep the top of the pepper to dice up and add with the onion.*)
4. **Prep Veggies**: Peel the onion and dice. Dice the tomato. Peel and mince the garlic. Set all aside.
5. **Sauté onions and garlic** : Heat a pan over medium-high heat for a minute or two, then add 2 tablespoons of olive oil. Add onions and cook for approx. 5-6 minutes, stirring often, until they're translucent and starting to brown. This is where you can also add the extra pepper chopped from the top. When the onions are done, toss in minced garlic. Cook garlic for 1-2 minutes, stirring continuously to incorporate into the onions and to prevent the garlic from burning.
6. **Add Beans and Seasoning** : Pour in entire contents of can of black beans into pan along with diced tomatoes, cumin, chili powder, and salt. Simmer for a few minutes until beans are tender. Mash the beans with the back of the spoon. Remove from heat and add in cilantro and rice.
7. **Stuff the Peppers** : Spoon the filling into the peppers and then add shredded cheese on top of filling. If there is any leftover rice and bean filling, serve alongside the peppers or save for later!

> *This would be great served with sour cream, salsa, guacamole... the list goes on!*

> *If you have ground meat on hand, add a bit with the black beans to give it an extra punch of protein.*

> *Makes amazing leftovers!*

FOR THE EXTENDED RECIPE, MEAL PHOTOS, AND HELPFUL HINTS—GO TO...



www.goodfoodbus.org/blog

goodfoodmoves@gmail.com

207-513-3849

[@goodfoodbus](https://www.instagram.com/goodfoodbus)

