

Peppers Stuffed with Rice and Beans

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, or orange peppers for a colorful dish.

Makes: 4 servings

Ingredients

- 1 cup brown rice, uncooked
- 1 can low-sodium black beans, drained and rinsed (15 ounces)
- 6 bell peppers?(any color)
- 1 cup shredded cheddar cheese
- 1 tomato, chopped
- 1 cup salsa
- salt?to taste



Directions

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Cut the tops off 4 of the peppers and spoon out the seeds.
4. Cut remaining two peppers into small pieces.
5. Combine the chopped peppers, beans, rice, salsa, tomato?and salt (optional).
6. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
7. Sprinkle with 2 tablespoons of cheese.
8. Repeat steps 6?and 7?to fill the pepper completely, but do not top with cheese.

9. Bake peppers for 30 minutes.
10. Top each pepper with 2 tablespoons of cheese and continue baking for 15 minutes more.

Note: Want to increase your intake of protein foods? Cooked ground beef can be added at step 5.

Recipe from: *Simple Healthy Recipes*, Oklahoma Nutrition Information and Education, ONIE Project, adapted by the USDA Food and Nutrition Administration.

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