

Rice & Bean Stuffed Peppers

Serves: 4

Total Time: 40min

Supplies

- 1 chef's knife
- 1 cutting board
- 1 medium bowl
- 1 baking sheet
- 1 spoon

Ingredients

- 1 cup uncooked brown rice
- 1 can low-sodium black beans (15 oz)
- 6 bell peppers (any color)
- 1 cup reduced-fat cheddar cheese, shredded
- 1 tomato, chopped
- 1 cup salsa
- Salt, to taste

Instructions

- Preheat oven to 400°F
- Cook brown rice according to package directions
- Cut the tops off the peppers and spoon out the seeds
- Cut up two peppers and leave four to fill with the rice mixture
- Drain and rinse the black beans
- Combine the chopped up peppers, beans, rice, salsa, tomato, and optional salt
- Spoon about 3 tbsp of the mixture into the bottom of each pepper
- Sprinkle with 2 tbsp of cheese
- Repeat steps 8 & 9 to fill the pepper completely but do not top with cheese
- Bake peppers on a baking sheet for 30 minutes
- Top each pepper with 2 tbsp of cheese and continue baking for 15 minutes more
- Serve and enjoy!

