

Simple Stuffed Peppers

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

Makes: 4 Servings

Cook/Prep Time: approximately 90 minutes

Source: myplate.gov

Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- Salt (to taste, optional)

Directions

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa and salt (optional).
7. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
10. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipes

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 357 |
| Total Fat: | 4 g |
| Saturated Fat: | 2 g |
| Cholesterol: | 6 mg |
| Sodium: | 599 mg |
| Total Carbohydrates: | 63 g |
| Dietary Fiber: | 13 g |
| Total Sugars: | 6 g |
| Added Sugars: | 0 g |
| Protein | 19 g |

Utensils Needed

- Knife
- Cutting Board
- Oven or toaster
- Mixing bowl
- Mixing spoon
- Can opener

SHOPPING LIST

Average total cost without oil and seasonings: \$16.26

Average cost/serving: \$4.07

Recipe makes: 4

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 bag to cart
Brown rice, uncooked



Add 4 to Cart
Bell peppers



Add 1 to Cart
1 can of black beans, unsalted



Add 1 to Cart
1 cup cheddar cheese,
shredded (reduced fat)



Add 1 to Cart
1 tomato, sliced



Add 1 to Cart
1 cup salsa

SAVE TIME, SAVE MONEY

Cooking Tips

- Use any flavorful, ripe tomato for this recipe. If you use cherry tomatoes, just quarter them, don't bother blanching or peeling them.

My Cooking Notes