

# Chicken & Rice Stuffed Peppers (Halloween style)

These chicken and rice stuffed peppers are made in the crockpot (or slow cooker) and are an easy and fun meal when you carve your peppers for Halloween!

## What you need:

### Chicken

- 2 chicken breasts
- 1 teaspoon cumin
- 1 tsp garlic salt
- 1 tsp chili powder
- 1/2 tsp black pepper
- 1 can diced tomatoes with green chilies

### Peppers

- 4 orange bell peppers
- 2 cups Mexican rice or plain rice
- 1 shredded chicken breast
- 1 cup shredded cheddar cheese
- 1 can black beans rinsed and drained

## What to do

1. Add chicken to the bottom of the slow cooker, sprinkle seasonings on top and then cover with diced tomatoes. Cook on low for 6-8 hours or high for 4-6 hours. Shred chicken and allow it to remain in sauce.

2. Rinse peppers, slice off the tops and hollow out the insides. Use a small paring knife to cut out a jack-o-lantern face.

3. Boil a pot of water, once boiling, put the peppers and tops in and allow to cook for about 5 minutes until peppers are tender. Remove from water and set aside to cool.

4. Mix the cooked rice, shredded chicken, cheddar cheese, and black beans together in a large bowl. Fill each pepper with the chicken and rice mixture and top with extra cheese, if desired.

5. Replace pepper top back on top. Bake at 350 for 30 minutes until cheese is melted and pepper is done to desired tenderness. Alternately, once peppers are stuffed, wrap in plastic wrap and refrigerate, when ready to cook, preheat oven to 350, remove plastic wrap and bake for 1 hour.



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