Servings: 2

BEANS AND RICE STUFFED PEPPERS

These beans and rice stuffed peppers make a great vegetarian weeknight meal. Juicy peppers are stuffed with cheesy rice that's mixed with fresh corn, black beans, chili, and cumin. They're easily customizable, and will definitely keep you full!

Prep Time	Cook Time	Total Time
10 mins	40 mins	50 mins

Ingredients

- oil for greasing pan
- 4 large bell peppers (any color)
- 1 tablespoon olive oil
- 1/2 medium onion, diced
- 1 medium tomato, diced
- salt
- 1 1/4 cup (170g) corn kernels (fresh or frozen)
- 1 medium zucchini, diced
- 1 15-ounce can of black beans, drained and rinsed
- 1 1/2 cups (290g) cooked brown rice
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 cup (85g) shredded pepper jack cheese

Optional Toppings

- cilantro leaves, torn
- 1/2 small avocado, sliced thinly
- lime juice (optional)

Instructions

1. Preheat the oven to 400ºF (205ºC). Lightly grease a 9x13-inch casserole pan (or large cast iron skillet) with oil.
2. Slice peppers in half and remove the seeds. Check to make sure all the pepper halves fit into your baking pans. Set aside.
3. Heat olive oil in a sauté pan over medium heat. Add onions and cook for 1 to 2 minutes. Add diced tomatoes and a generous pinch of salt and cook for 2 minutes.
4. Mix in the corn and zucchini and cook for another 2 minutes. Stir in beans, rice, chili powder and cumin. Turn off heat and mix in shredded cheese.
5. Stuff each half of a pepper with the beans and rice mixture. Place them in the prepared casserole pan.

6. Cover with foil and bake for 30 minutes.
7. Uncover foil, and let peppers cool for a few minutes before serving. Top peppers with cilantro, avocado slices, and a squeeze of lime juice, if you like.

Nutrition

Serving: 1stuffed pepper | **Calories:** 397kcal | **Carbohydrates:** 56.3g | **Protein:** 17.2g | **Fat:** 5.8g | **Saturated Fat:** 0.9g | **Cholesterol:** 19mg | **Sodium:** 589mg | **Fiber:** 13.9g | **Sugar:** 11.4g