



Mexican Stuffed Peppers

Prep Time: 15 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

485 Calories

23 g fat

1,104 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 cup basmati rice
- Pinch salt**
- 1 TB olive oil **
- 4 bell peppers, cut in half
- 2 TB Cilantro, plus garnish
- 1 TB olive oil**
- 3/4 cup diced onion
- 1 (15.5 oz. can) black beans, drained and rinsed
- 1 (14.5 oz. can) diced tomatoes w/ green chilies
- Stuffed Pepper Spice Blend (1 tsp chili powder, 1/2 tsp cumin, 1/4 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp paprika, 1/4 tsp oregano)
- 2 cups shredded cheddar cheese
- Salt & Pepper, to taste**
- Non stick cooking spray**
- Aluminum foil**

DIRECTIONS:

1. Preheat oven to 400 degrees F. Grease a baking dish with **non stick cooking spray**, set aside.
2. Wash and dry produce. Cut the **peppers** in half from top to bottom, stem and seed the peppers. Place cut side up in the prepared baking dish. Chop **cilantro** leaves to make 2 TB and some for garnish.
3. Rinse **basmati rice** under cold water to remove excess starch. In a medium pot, add **rinsed rice, 1.5 cups water**, pinch of **salt, 1 TB oil** and bring to a boil. Stir once, then cover, reduce heat to low, and simmer for 10 minutes. Remove pan from heat and allow to stand for 5 minutes. Remove lid and fluff with a fork.
4. Heat **1 TB olive oil** in a large skillet over medium heat; add **diced onion** and cook until softened, stirring frequently for 5 to 8 minutes. Add the rinsed and drained **black beans, diced tomatoes with green chilies, Stuffed Pepper Spice Blend** and **salt & pepper** to taste; stir to combine and cook for 5 minutes, stirring occasionally. Remove pan from heat and stir in the **cooked rice, 2 TB cilantro** and fold in **1 cup Monterey Jack cheese**, reserving 1 cup to use later.
5. Spoon the **mixture** into each bell pepper half and place in in greased baking dish and cover with **aluminum foil**. Bake for 30-40 minutes, until peppers are tender.
6. Remove pan from oven, uncover and sprinkle the **remaining 1 cup cheese** on top. Put pan back in oven uncovered and bake for 10-15 minutes until cheese is melted and bubbly. Garnish with **chopped cilantro**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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