

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Vegetarian Mexican-Style Stuffed Peppers
Makes servings 6 servings**

Ingredients:

Three large green bell peppers, halved lengthwise, seeded
1 tablespoon olive oil
½ cup chopped onion
2 cloves garlic, minced (about 2 teaspoons)
2 cups cooked brown rice
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) can diced tomatoes
1 teaspoon chili powder
½ teaspoon ground cumin
¼ teaspoon EACH salt and pepper
2 tablespoons chopped fresh cilantro (optional)
6 ounces (1 ½ cups) shredded cheddar cheese, divided

Directions.

1. Preheat oven to 400 degrees.
2. Heat the olive oil in a small saute pan. Add the onion and garlic and cook for 3 minutes, until softened. Remove from heat.
3. In a large bowl combine onion mixture, cooked rice, beans, tomatoes, chili powder, cumin, salt, pepper, cilantro (if using), and 1 cup of the cheddar cheese. Mix until combined.
4. Stuff the peppers with the rice mix. Place in a 9X 13 inch baking pan. Add ½ cup of water to the pan. Cover with foil and bake for 20-30 minutes, until peppers are soft.
5. Sprinkle with remaining cheese. Place back in oven for 2 minutes to melt cheese. Serve

Nutritional Information per serving:

Calories: 221	Carbohydrates: 32g
Total Fat: 3 g	Cholesterol: 8mg
Saturated Fat: 21g	Dietary Fiber: 6g
Sodium: 348mg	Protein: 16g