

STUFFED GREEN PEPPERS

Makes 4 servings



INGREDIENTS

4 large green bell peppers
1 onion, chopped
1 cup cooked rice
1 can beans, drained and rinsed
1 can diced tomatoes
2 cloves garlic, crushed, thinly sliced, or finely minced
2 teaspoons chili powder, cumin or other savory spice
1 teaspoon dried oregano, thyme, or other herb
1/4 cup olive oil (or other neutral oil)
Salt, to taste
Black pepper, to taste
Shredded cheese (optional)

DIRECTIONS

1. Preheat oven to 350° Fahrenheit and arrange a rack in the middle of the oven.
2. Prepare the peppers. Cut around the stem in a circle and remove the top, stem, seeds, and any loose membrane.
3. Blanche the peppers. Bring a large pot of salted water to a boil. When the water boils, carefully place green bell peppers in the water until skin is slightly softened, 3 to 4 minutes. With tongs, remove from water and set to dry on a paper towel.
4. Prepare the filling. Heat a tablespoon of oil in a saucepan over medium heat. Stir in onion and cook until onions are softened and transparent, 5 to 10 minutes.
5. While onions are cooking, combine three tablespoons oil, cooked rice, drained and rinsed beans, and diced tomatoes in a large bowl. Add in spices and cheese (if using) and mix to combine. Add salt and pepper to taste. Stir in cooked onions.
6. Spoon mixture into each bell pepper. Arrange bell peppers in a baking tray, standing up if possible. If using cheese, sprinkle cheese on top.
7. Bake in oven for about 30 minutes.