



spoon & whisk

ESSENTIAL KITCHENWARE & CUTLERY
FOR THE WELL-STOCKED KITCHEN

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Stuffed Bell Peppers with Beans, Rice, and Corn

Makes 8 stuffed pepper halves

Stuffed peppers are one of those back pocket recipes that leaves us asking, “Why don’t we make these more often?”. They feel both nostalgic and practical, hearty yet forgiving. We love how they come out of the oven in perfectly portioned cups, waiting to be consumed. These stuffed peppers are packed with sweet corn, earthy beans, rice, saucy tomatoes, and a hint of cheese.

Ingredients-

4 bell peppers (variety of red, orange and yellow)
2 tablespoons olive oil
1 yellow onion, chopped
2 cloves garlic, minced
1 jalapeño, minced, seeds and stem removed
1/2 teaspoon cumin
1/2 teaspoon chili powder
1/2 teaspoon paprika
1 teaspoon Kosher salt
1/2 teaspoon black pepper
1 cup diced grape tomatoes

1 15-oz can black beans, rinsed and drained
1 cup frozen corn, thawed
1 1/2 cups cooked white rice
2 tablespoons chopped cilantro
1 cup pepper jack cheese
1/2 cup extra sharp cheddar cheese for sprinkling

Garnishes:

2 green onions, diced
1 lime, cut into wedges

Directions:

1. Preheat the oven to 375°F. Lightly coat a 9 x 13 inch baking dish with oil and set aside.
2. Halve the peppers lengthwise, removing the seeds and ribs. Arrange the peppers cut side up in the baking dish and season with salt and pepper.
3. In a large skillet over medium heat, cook the onion in olive oil until soft, about 5 minutes. Add the garlic and minced jalapeño and cook for another minute. Add the cumin, chili powder, paprika, salt, pepper and cook for another minute, stirring occasionally to toast the spices. Add the grape tomatoes, corn, and beans and continue to cook until heated through.
4. Remove from the heat and stir in the cooked rice, pepper jack cheese and cilantro. Spoon the filling into the peppers, pressing down to gently pack the ingredients in tightly. Pour 1/2 cup water into the baking dish and cover with aluminum foil.
5. Bake the stuffed peppers for 40 minutes until the peppers are tender. Remove the aluminum foil and sprinkle the peppers with the reserved cheddar cheese. Increase the heat to 400°F, and bake for an additional 10 minutes or until the cheese begins to brown.