

BLACK BEAN STUFFED PEPPER



INGREDIENTS

| | | | |
|-----------|--------------------------|----------|---------------------------------|
| 3 1/4 oz | Yellow onion (diced) | 25 oz | Black beans (canned) |
| 2 1/4 cup | Water | 2 g | Cumin (ground) |
| 5 ea | Green pepper (chilled) | 2 g | Oregano (dried) |
| 1 3/4 oz | Cream cheese | 1 3/4 oz | Colby cheddar cheese (shredded) |
| 4 1/2 cup | Brown rice | | |
| 13 1/2 oz | Baby spinach | | |
| 16 1/2 oz | Tomatoes (canned, diced) | | |
| 3 g | Green chilies (diced) | | |

INSTRUCTIONS

1. Cut peppers lengthwise in half. Set aside.
2. Prepare brown rice according to package directions. It should be light and fluffy.
3. In a large bowl, combine all ingredients (not including green peppers) and mix to combine.
4. Press divided mixture equally into each green pepper half.
5. Place peppers in baking pan, cover with foil, and chill to 40°F in blast chiller.
6. Bake at 300°F for 1 hour or until internal temperature reaches 165°F.

NUTRITION

| | |
|--------------------------------|--------|
| Calories: | 288 |
| Sodium: | 280 mg |
| Trans Fat: | 0 g |
| % Calories from Saturated Fat: | 10% |



Number of Servings: 10 (389 g per serving)

Recipe courtesy of Maine Medical Center