

VEGETARIAN STUFFED PEPPERS

MAINS



INGREDIENTS

3 bell peppers, halved lengthwise, seeds and cores removed
1 tablespoon canola or olive oil
1 medium yellow onion, diced
1 cup cauliflower rice (thawed if frozen)
1 15-oz. can black beans, rinsed and drained
1 10-oz. can diced tomatoes with juice (with or without chiles)
1 tablespoon taco seasoning (see recipe below)
1/4 cup chopped cilantro, plus additional for topping
4 oz. (1 cup) Mexican blend shredded cheese

DIRECTIONS

1. Preheat oven to 375° F.
2. In a large pot, bring two quarts of water to a boil. When it begins to boil, add halved bell peppers and cook for 3 minutes until slightly softened. Remove peppers, drain and blot dry with paper towels.
3. Heat oil in a large skillet on medium-high heat; add onion and cook for 3 minutes. Add cauliflower rice and cook for an additional three minutes.
4. Add black beans, tomatoes, taco seasoning and cilantro to the cauliflower rice. Mix well and continue to cook for 3 more minutes.
5. Remove from heat and stir in the cheese.
6. Put the peppers in a casserole dish sprayed with cooking spray. Fill peppers with black bean filling and bake for 20 minutes. Garnish with additional cilantro if desired.

Yield:

6 servings

Total Cost:

\$8.32

Cost per Serving:

\$1.39

Variations/Tips: Use any combination of red, orange, yellow or green peppers. Store leftovers in the refrigerator for up to 5 days. Freeze up to 6 months.

To make your own Taco seasoning: combine 4 teaspoons chili powder, 4 teaspoons cumin, 1/4 teaspoon onion powder, 1/4 teaspoon garlic powder, 1/4 teaspoon dried oregano, 1/4 teaspoon salt. Store in an airtight container.

Source: Adapted from Noplatelikehome.com

Nutritional Info (per serving): 194 calories, 8.1 g fat, 3.5 g saturated fat, 10 g protein, 22 g carbohydrate, 7.7 g fiber, 253 mg sodium