



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

Stuffed Green Peppers

Servings: 4

Preheat oven to 375 degrees. Spray a large baking pan with nonstick spray.

INGREDIENTS

- 4 bell peppers
- 1 cup chopped onion
- 1 cup black beans, cooked, drained and rinsed
- 1 cup cooked brown rice
- 1/2 cup red enchilada sauce

Slice 4 bell peppers in half lengthwise, and remove seeds and stems. Lay pepper halves in the baking pan, cut sides up.

Bake until slightly softened, 16 - 18 minutes. Remove pan, but leave oven on.

Deseed and chop remaining bell pepper. Bring a skillet sprayed with nonstick spray to medium-high heat. Cook chopped bell pepper and onion until softened, 6 - 8 minutes.

Transfer chopped veggies to a medium bowl, and blot away excess moisture. Add refried beans, and thoroughly stir.

Blot away excess moisture from pepper halves, and evenly distribute bean mixture among them. Top each stuffed pepper half with 1 tbsp. enchilada sauce.

Bake 5 - 7 min. Eat up!

Health Benefits of Peppers

Fiber

- Reduces risk of diabetes
- Vitamins C & E
- Supports immune system



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