

THE CULINARY

Playground



Mexican Stuffed Peppers

- 2-3 large bell peppers, any color - tops, seeds, and membranes removed
- 2 teaspoons olive oil
- 1/4 of an onion, chopped
- 1 cup rice, cooked
- 1/2 cup black beans, drained and rinsed
- 1/2 cup chili-style diced tomatoes
- 1/4 cup sweet corn
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/2 cup shredded cheese; cheddar or colby jack

Preheat oven to 350 degrees F

Heat olive oil in a skillet over medium heat; cook and stir onion in the hot oil until softened and transparent, 5 to 10 minutes.

Mix rice, black beans, tomatoes, corn and cooked onion in a large bowl. Add chili powder, cumin, salt; stir until evenly mixed. Fold most of cheese (reserve a little to sprinkle on top) into rice mixture
Spoon rice mixture into bell pepper; arrange pepper in baking dish.

Sprinkle with remaining cheese.

Bake in the preheated oven until cheese is melted and bubbling, about 20 minutes.