

Stuffed Poblano Peppers

Ingredients

- 4 cups cooked brown rice
- 4 poblano peppers
- 1 1/2 cups salsa
- 1 15 ounce can black beans, drained and rinsed
- 1 1/2 cups frozen corn
- 3 green onions, chopped
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Optional* Cayenne, to taste
- Salt and pepper, to taste
- 1 cup shredded cheese



INSTRUCTIONS

1. If necessary, cook the rice according to the package instructions or use our Instant Pot method.
2. While the rice cooks, prepare the peppers: slice the poblano peppers in half and remove the seeds and ribs. Place the peppers in a baking dish skin side up. Broil on high for about 7 minutes, then flip the peppers and broil 7 minutes more.
3. In a large saucepan, combine: beans, onions, salsa, corn, cumin, chili powder, and a pinch of cayenne (optional). Season with salt and pepper to taste. When the rice is finished, stir it into the filling.
4. Heat the filling a few minutes over medium heat until warm.
5. Place the pepper halves skin side down in a baking dish, and spoon the filling into each half. Top the filling with shredded cheese and broil until the cheese is melted, for about 2 minutes.

Nutrition Facts

Servings: 4

Amount per serving

Calories **378**

% Daily Value*

Total Fat 11.2g **14%**

Saturated Fat 6g **30%**

Cholesterol 30mg **10%**

Sodium 904mg **39%**

Total Carbohydrate 56.6g **21%**

Dietary Fiber 6.9g **25%**

Total Sugars 6.6g

Protein 16.1g