

# Southwestern Stuffed Peppers



## INGREDIENTS

(Makes 8 servings. 15-minute prep time; 20-minute cook time)

- 4 medium to large green peppers
- 2 cups frozen corn kernels
- 1 15-ounce can of cooked beans, drained and rinsed (choose black, pinto or black-eyed peas)
- 1 cup shredded cheddar cheese or smoked cheddar
- ½ teaspoon salt
- 1 fresh or pickled jalapeno pepper, diced
- 1 tablespoon fresh cilantro, chopped
- 1 cup salsa
- 1 cup cooked rice (optional)
- 1 tablespoon butter
- 1 teaspoon paprika or smoked paprika

## PREPARATION

1. Preheat the oven to 375 degrees F while preparing ingredients, and bring a stock pot of water to a boil.
2. Cut the green peppers in half through the stems, or leave whole and remove the tops. Remove seeds and the thick inner ribs of peppers. Blanch peppers in the boiling water for 4 minutes. Remove and reserve.
3. While peppers are blanching, combine the corn, beans or black-eyed peas, cheese, salt, jalapeno, cilantro, salsa and rice (optional) together in a mixing bowl.
4. Stuff each pepper or half with an equal amount of the filling and place in a baking dish.
5. Add a small amount of water—enough to fill the bottom of the baking dish. Sprinkle each pepper or half with a dab of butter and a pinch of paprika and bake 20 minutes.

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## SHOPPING LIST

### Produce

4 green peppers  
1 jalapeno pepper  
Fresh cilantro

### Grocery

Frozen corn  
1 15-ounce can cooked black or pinto beans, or black-eyed peas  
Salsa  
Rice

### Dairy

Cheddar cheese  
Butter

### Spices/Seasonings

Salt  
Paprika (or smoked paprika)

## SERVING SUGGESTION

Top with a dollop of salsa, sour cream or guacamole and serve with fresh corn chips.

## NUTRITIONAL INFORMATION

Per Serving: 221 calories, 7 g. fat, 19 mg. cholesterol, 31 g. carbohydrate, 6 g. dietary fiber, 11 g. protein 386 mg. sodium.

*The nutritional values and information provided are approximations.*

***This Rush Hour Recipe courtesy of:***

Christopher Ryding, National Cooperative Grocers Association

