



Mexican Stuffed Peppers

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

INGREDIENTS

2 Bell Peppers (color of choice)
1/4 cup Sweet Onion
1 tbsp Minced Garlic
1 pint Cherry Tomatoes
1 15 oz can Pinto Beans
1 package Brown Spanish Rice
Sea Salt & Pepper to taste
1 tbsp Chili Powder
1 tbsp Cumin
1/4 cup Shredded Cheddar Cheese (optional)

DIRECTIONS

1. Pre-heat the oven to 400 degrees F.
2. Line a cookie sheet with foil and lightly coat with cooking spray.
3. Slice the peppers in half and lay out on cookie sheet.
4. Bake for 25 minutes until blistered.
5. While the peppers are baking, heat a skillet over medium heat.
6. Lightly coat with cooking spray. Add diced sweet onion and garlic.
7. Sauté for about 5 minutes.
8. Add halved cherry tomatoes. Sauté for another 5 minutes.
9. Remove from heat and add remaining ingredients.
10. When the peppers are done, remove from oven, and filling, and sprinkle with cheese if desired.
11. Bake for another 12 minutes.
12. Serve, garnish with sour cream if desired.

NOTES

Use organic ingredients when possible. I like to switch up the peppers, I rotate between red, orange and yellow. For the Spanish Rice, I like the rice in a pouch that you can microwave for 90-seconds and then add to the skillet. I switch this up as well, sometimes using rice, sometimes quinoa or other whole grain varieties.