

Stuffed Peppers with Beans and Rice

This recipe is a healthy alternative to stuffed peppers made with ground meat. Use sweet bell peppers or hot peppers.



Try using different beans like pinto, kidney, chickpeas or white beans.

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Cut peppers in half. Use your fingers or a spoon to scoop out the seeds.



Mix rice, beans, tomatoes, onion, cumin and garlic powder in a bowl.



Spoon rice mixture into peppers. Sprinkle with shredded cheese.



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Preparation time: 15 minutes | Cook time: 45 minutes | Cost: \$5.25

Ingredients:

- 4 bell peppers
- 1 cup cooked brown rice
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can low-sodium diced tomatoes
- ½ cup onion, chopped
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ cup shredded low-fat cheese

Directions:

1. Preheat oven to 350°.
2. Cut peppers in half and remove the seeds. Place peppers cut-side up in a baking dish.
3. Add rice, beans, tomatoes, onion, cumin and garlic powder to a bowl. Stir to mix.
4. Spoon rice mixture into pepper halves.
5. Sprinkle 1 tablespoon of shredded cheese on each pepper half.
6. Bake for 45 minutes.

Makes 4 servings

Nutrition Facts

4 servings per container	
Serving size	1 pepper
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 400mg	17%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 3mg	15%
Potassium 388mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

