MEXICAN · LUNCH · DINNER

# Mexican-Style Black Bean and Rice Stuffed Peppers

40 min · Serves 4 · 398 kcal a serve · Video 8:46 · Cooking with Coit

Vegetarian · Gluten-free ingredients · Nut-free

Each serve has about 12 g of fibre and 17 g of protein from black beans, corn and cheese, and the roasted peppers supply well over a day's vitamin C.

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## Ingredients 16 · SERVES 4

- [ ] 4 large **red bell peppers**, halved and seeded
- [ ] **Olive oil**: a light spray of olive oil for the peppers (about 1 tsp)
- [ ] 1 tbsp **olive oil**, for the pan
- [ ] ½ medium **yellow onion**, diced
- [ ] 1 tsp **salt**
- [ ] 2 **Roma tomatoes**, diced
- [ ] 3 cloves **garlic**, minced
- [ ] 2 tbsp **taco seasoning**
- [ ] ⅔ tsp **salt**, in the taco seasoning (the cook's homemade mix has 1 tsp salt per 3 tbsp)
- [ ] 3–4 **green onions**, chopped
- [ ] 1 can (380 g) **black beans**, drained and rinsed
- [ ] 140 g **frozen corn**
- [ ] 60 g cooked Mexican (red) rice
- [ ] 100 g shredded **pepper jack cheese**
- [ ] **black pepper** to taste
- [ ] **fresh cilantro**, chopped, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200 °C. Halve the peppers lengthwise through the stem, cut out the seeds and white ribs, spray lightly with olive oil and roast for 20–25 minutes until blistered and tender. 0:48
2. Meanwhile heat 1 tbsp olive oil in a large pan and cook the onion with the salt for 2–4 minutes until soft. Add the tomatoes and cook 3–5 minutes until they break down. 3:49
3. Stir in the garlic and taco seasoning for 30–60 seconds on lower heat so the spices don't burn. 4:50
4. Add the black beans, corn, green onions and cooked rice and stir until hot. Season with pepper. 5:47
5. Fill the roasted pepper halves with the mixture, top with the cheese and bake about 10 minutes until melted. Garnish with cilantro. 6:51

> **Tip** The filling keeps 4 days in the fridge and the stuffed peppers freeze for 3 months. Quinoa, lentils or pinto beans work in place of the rice or black beans. Store-bought taco seasoning is often saltier, so taste first.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 398 kcal<br>1,660 kJ | 17 g<br>34% of a day | 52 g<br>40 g net · 12 g sugars<br>19% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 12 g<br>43% of a day | 15 g<br>6.1 g saturated<br>19% of a day | 1,140 mg<br>50% of a day |

**Energy from** net carbs 44% · protein 19% · fat 37%

**High in** (20%+ of a day) Vitamin C 268% · Folate 50% · Vitamin B6 45% · Vitamin A 43% · Vitamin K 41% · Vitamin E 32% · Zinc 25% · Magnesium 24% · Calcium 20% · Iron 20%

**Source of** (10–19%) Potassium 19% · Selenium 16% · Omega-3 13%

**Recipe and video:** Cooking with Coit (@cookingwithcoit) on YouTube — youtube.com/watch?v=YvGQn4RqplY, published 22 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mexican-black-bean-rice-stuffed-peppers