

Mamacita's Vegetarian Stuffed Peppers

I love the word Mamacita - an endearing and loving name for a mommy or even a friend by Hispanics. I would love to be called Mamacita and especially when serving these Vegetarian Stuffed Peppers filled with Latin ingredients like black or pinto beans, chile powder, cumin and authentic Mexican cheese. You could use a four-cheese blend or a single variety such as manchego, cheddar or monterey jack. It is a good idea to use leftover rice or rice that you have prepared in advance to speed things along.

2 cups	cooked long grain rice or ¾ cup raw rice, cooked	1 ½ teaspoons	chile powder
4 large	green, red or yellow bell peppers	¾ teaspoon	cumin
1 Tablespoon	canola oil	½ teaspoon	salt
1 cup	diced onion	¼ teaspoon	black pepper
2 cloves	garlic, minced	1 large pinch	cayenne pepper
1 15 ounce can	black or pinto beans, drained and rinsed	6 ounces	manchego or cheddar cheese or monterey jack, shredded
1 14.5 ounce can	diced tomatoes		

- 1 Begin to cook rice according to the package if not already prepared in advance. Preheat oven to 350°.
- 2 Prep vegetables: dice onion, mince garlic, remove core and seeds from each pepper, keeping the pepper whole. Rinse seeds out of center if necessary. Set peppers with open cavity side up in an 8 x 8 x 2" high baking pan, so that they are close together and propping each other up. Shred cheese and set aside.
- 3 Heat canola oil in skillet over medium-low heat and cook diced onion until transparent, about 5 minutes, add minced garlic and give a stir. Add black beans, diced tomatoes, cooked rice, chile powder, cumin, salt, pepper and cayenne and give a stir. Cook for a few minutes to blend flavors. Remove from heat.
- 4 Assemble stuffed peppers: Mix most of the cheese into the filling. Save some to top each pepper. Spoon the bean and rice filling, pressing it into the pepper to fill in the entire cavity. Top each pepper with some of the cheese.
- 5 Bake the stuffed peppers in a 350° oven until the peppers are soft and have browned slightly, about 60 minutes. After 30 minutes, take them out and rotate peppers so inside edges are moved to the outside of the pan. Return to the oven and bake for additional 30 minutes or until peppers are done.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 1 hour and 10 minutes

Total Time: 1 hour and 20 minutes

Nutrition Facts

Nutrition (per serving): 517 calories, 167 calories from fat, 19.1g total fat, 44.7mg cholesterol, 734.3mg sodium, 1005mg potassium, 64.3g carbohydrates, 14.3g fiber, 8.2g sugar, 25g protein.

Source

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