



SOUTHWEST VEGAN STUFFED PEPPERS

	SERVINGS	4
🕒	PREP TIME	15 min
	TOTAL TIME	45 min

INGREDIENTS

- 1 cup of uncooked brown rice
- 1 cup of diced onion
- 1 (14-ounce) can of fire-roasted tomatoes
- 2 cups of water + 3 tablespoons of water divided
- 1 tablespoon of chili powder
- 1 (15-ounce) can of kidney beans rinsed and drained
- 1 (15-ounce) can of black beans rinsed and drained
- 1 (1.25-ounce) packet of your favorite taco seasoning
- 4 large green bell peppers

DIRECTIONS

1. In a large non-stick pot over medium-high heat, combine the brown rice and diced onion. Stir occasionally and cook for about 5 minutes, or until the onion softens and turns translucent.
2. Next, add the tomatoes, 2 cups of water, and chili powder to the pot. Cover with a lid, reduce the heat to low, and let it simmer until the water is fully absorbed.
3. Meanwhile, preheat your oven to 350°F (176°C).
4. While the rice is cooking, prepare the bell peppers by slicing off the tops and removing the seeds. Bring a large pot of water to a boil and carefully place the peppers in. Boil until they soften and turn a lighter shade of green, then remove them and transfer to a small baking dish.
5. In a separate non-stick pan, combine the beans with taco seasoning and about 3 tablespoons of water. Stir to mix well, then add the cooked rice mixture. Continue cooking until everything is heated through.
6. Spoon the rice and bean mixture into the hollowed-out bell peppers. Place them in the oven and bake for about 10 minutes. Once done, take them out and top with your favorite taco sauce or salsa before serving.

