



SOUTHWEST VEGAN STUFFED BELL PEPPERS

SERVES 4
PREP TIME 15 mins.
TOTAL TIME 45 mins.

INGREDIENTS

- 4 large green bell peppers
- 1 cup uncooked brown rice
- 1 cup diced onion
- 1 can (14 oz) fire-roasted tomatoes (with juices)
- 1 can (15 oz) kidney beans, rinsed and drained
- 1 can (15 oz) black beans, rinsed and drained
- 1 packet (1.25 oz) taco seasoning
- 1 tbsp chili powder
- 2 cups + 3 tbsp water (divided)

DIRECTIONS

1. Prep the Peppers (5 mins)

- Pre-heat your oven to 375°F (190°C).
- Slice the tops off the green bell peppers and scoop out the seeds and inner membranes. Slice a tiny, flat layer off the bottom of each pepper if needed so they stand upright in a baking dish.
- Pour 3 tablespoons of water into the bottom of an 8x8-inch or 9x9-inch baking dish, set the hollowed peppers upright inside, and set aside.

2. Build the Rice & Bean Filling (10 mins)

- In a medium saucepan over medium-high heat, combine the 1 cup diced onion, 1 cup uncooked brown rice, 1 packet taco seasoning, 1 tbsp chili powder, 1 can fire-roasted tomatoes, and 2 cups of water.
- Bring the mixture to a boil, then reduce the heat to low, cover with a tight-fitting lid, and simmer for 15 minutes.
- Remove the lid and gently fold in the rinsed black beans and kidney beans. The rice will finish tenderizing during baking.

3. Stuff and Bake (30 mins)

- Evenly spoon the warm Southwest rice-and-bean mixture into each of the 4 prepared green bell peppers, packing the filling firmly to the top.
- Cover the baking dish tightly with aluminum foil to trap the steam (this cooks the peppers until tender without drying out the filling).
- Bake for 30 minutes until the green peppers are tender and steam-softened, and the rice center is hot and fluffy.

4. Serve

- Remove from the oven, let rest for 2–3 minutes, and serve warm!

Tip: If you have extra filling left over after filling the peppers, simply serve it on the side as an extra mound of hearty Southwest rice and beans.

