

Mexican Stuffed Peppers

From our Farm Kitchen



Ingredients:

3 red bell peppers	1 tbsp. cilantro, chopped
1 cup brown rice	1 tsp. ground cumin
1 15-oz. can black beans	¼ tsp. cinnamon
2 cups fresh corn	¼ tsp. ground clove
1 zucchini, diced	½ tsp. smoked paprika
1 cup grape tomatoes	1 bay leaf
1 red onion, diced	muenster cheese, sliced
2 tbsp. garlic, minced	olive oil
Salt and pepper	sour cream (optional garnish)

Directions:

1. Put rice, 2 cups of water, cinnamon, clove, paprika, bay leaf, ½ teaspoon cumin, ½ teaspoon salt, ¼ teaspoon pepper into a big pot. Bring to a boil, then cover and simmer until done. Cool rice.
2. Preheat oven to 375 degrees. Cut peppers in half, stem left on, and remove seeds. Lightly coat bell peppers with oil and a pinch of salt and pepper. Place on a sheet pan cut-side down. Roast until skin starts to wrinkle and peppers are cooked, about 15-20 minutes.
3. Heat 2 tablespoons olive oil in a large sauté pan over medium-high heat. Add onions and cook until almost golden brown. Add zucchini, corn, and garlic and cook for 2-3 minutes. Halve tomatoes and add to pan with, ½ tsp. cumin, and a pinch of salt and pepper and cook for 2 more minutes. Remove from heat, add cilantro, and let cool.
4. Combine beans, rice, and vegetable mixture. Adjust seasoning, and stuff the peppers with the mixture. Put a few slices of cheese on each pepper and bake in the oven until cheese melts, about 8-10 minutes.