



Stuffed Peppers with Chicken, Rice and Beans

This recipe is great if you have a leftover rice dish. The Salsa Verde pairs well with it.

<u>U.S.</u>		<u>Metric</u>
5 each	Poblano or Green Bell Peppers	5 each
2 cups	Vegetable Stock or Water	475 mL
1 cup	Brown Rice	113 g
1/2 lb	Chicken Breast	230 g
1/2 tsp	Salt	3 g
2 tsp	Chili Powder	5 g
1 tsp	Oregano, dried	1 g
1 tsp	Cumin, ground	2.5 g
1 Tbsp	Olive Oil	5 mL
1/2 each	Onion, medium dice	1/2 each
2 cloves	Garlic, minced	2 cloves
2 each	Tomatoes, medium dice	2 each
1/2 cup	Black Beans, canned, low sodium, drained, rinsed	55 g
1/4 cup	Cilantro, fresh, chopped	15 g
1 Tbsp	Lime Juice	15 mL
1/2 cup	Cheddar Cheese, shredded	55 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Cut each pepper in half length-wise, so that there are two “cups” for each pepper and remove the seeds.
4. Place the peppers on a sheet tray in the oven and bake for 10 minutes.
5. In a medium pot, add vegetable stock and rice and bring to a boil. Once boiling, reduce to a simmer and cover. Cook for 30 minutes, or until stock absorbs. Do not stir while cooking. Once cooked, fluff with a fork.
6. Trim chicken breast and cut into bite-size pieces. Coat with 1/4 teaspoon of salt, chili powder, oregano, and cumin.
7. Heat oil in a sauté pan over medium high heat. Add chicken, and cook until 165°F.
8. Once cooked, remove chicken. In the same pan, sauté onions and garlic, until onions are translucent. Lower heat to medium and add tomatoes and black beans. Stirring frequently with a wooden spoon, let the tomatoes get soft and most of the liquid evaporate.
9. Fold bean mixture into rice. Add remaining salt, cilantro, lime juice, and half of the cheese.
10. Fill each pepper with rice mixture.
11. Top peppers with cheese and broil until top begins to brown.

****Nutrition Facts on Reverse**

9/2/20

Nutrition Facts

5 Servings

Serving size **2 pepper halves**

Amount per serving

Calories **330**

Total Fat 10 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 4 g

Cholesterol 45 mg

Sodium 360 mg

Total Carbohydrate 42 g

 Dietary Fiber 6 g

 Total Sugars 5 g

 Includes 0g Added Sugars

Protein 19 g

Vitamin D 0 %

Calcium 9 %

Iron 9 %

Potassium 500 mg

Phosphorus 330 mg
