



## 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
1 cup	Brown Rice	113 g
2 cups	Vegetable Stock or Water	475 mL
1/2 lb	Chicken Breast	230 g
1/2 tsp	Kosher Salt	3 g
2 tsp	Chili Powder	5 g
1 tsp	Oregano, dried	1 g
1 tsp	Cumin, ground	2.5 g
1 Tbsp	Oil	5 mL
1/2 each	White 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, drained and 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 2 teaspoons of 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. Stirring frequently with a wooden spoon, let the tomatoes get soft and most of the liquid evaporate.
9. When chicken, onions, and tomatoes are cooked, add to rice. Add remaining salt, cilantro, lime juice, beans, and half of the cheese. Turn off heat.
10. Add a cup of the rice filling to each pepper, or until full.
11. Top peppers with cheese and broil until top begins to brown.
12. Serve topped with 2 tablespoons of salsa verde (see recipe).

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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10 Servings

**Serving size**                      **1 pepper**

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**Amount per serving**

**Calories**                              **240**

Calories from Fat                      80

**Total Fat**                              9 g

    Saturated Fat                      3 g

    Trans Fat                            0 g

    Monounsaturated Fat              4 g

**Cholesterol**                          40 mg

**Sodium**                                400 mg

**Total Carbohydrate**                24 g

    Dietary Fiber                      6 g

    Total Sugars                        3 g

        Includes 0g Added Sugars

**Protein**                                16 g

Vitamin D                                0 %

Calcium                                  0 %

Iron                                        10 %

Potassium                                0 mg

Phosphorus                               219 mg

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