



Stuffed Pumpkin Peppers

Ingredients

- 4 orange bell peppers
- 2 TBSP olive oil
- 1 can black beans
- 1 cup brown rice, cooked
- 1 large onion, chopped
- 1 cup frozen peas
- 1 can tomato sauce
- 4 cloves garlic, minced
- Salt and pepper, to taste

Directions:

1. Carve pumpkin pepper; Slice the tops off and scoop out seeds; Using a small knife, cut two small triangles where the eyes would be and a mouth
2. Preheat oven to 400F; Line a baking sheet with parchment paper and roast peppers for 20-30 minutes, until slightly blistered and easily pierced with a fork; Set aside; Cook rice according to box instructions; Set aside
3. Heat olive oil in a skillet over medium heat; Add onion and garlic; Cook until fragrant, about 5 minutes; Add tomato sauce; Stir to combine; Lower heat and add rice and beans; Stir to combine; Season with salt and pepper
4. Stuff each pepper with the rice and bean mixture; Bake at 400 for 15 minutes

Cost:



Ease:



Health Benefit: Bell peppers contain fiber for gut health and vitamin A for eye health. Rice and beans form a complete protein to provide energy.

Equipment

- Pot
- Skillet
- Baking Sheet

Fare  Meals
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