

CHILI BEAN STUFFED PEPPERS

This easy crock pot recipe uses simple, pantry ingredients to make a flavorful, meat-free meal. It's loaded with protein from the baked beans, vitamin C from the bell peppers, and fiber from all the veggies and beans. Serve alongside cornbread or a whole wheat roll for a filling meal. If you like a little more kick, add some chili pepper to spice things up a bit!

Yield= 4 stuffed peppers

Ingredients

4 medium **bell peppers**, any color
1, 15-ounce can of **vegetarian baked beans** (not drained)
1 c cooked **rice**
1, 15-ounce can **tomato sauce** (no salt added)
1 small **onion**, chopped
3/4 c Monterrey Jack **cheese**, shredded
Chili powder, to taste (optional)

Instructions

1. Remove the tops of the bell peppers, chop enough of the tops to make 1/3 c, and reserve. Scrape the membranes and seeds from the bell pepper using a spoon. If necessary, cut a small slice from the bottom of each pepper so they stand flat.
2. In a medium bowl, stir together canned baked beans (with their liquids) and cooked rice. Add chili pepper now, if using. Spoon the rice mixture into the bell peppers, dividing equally.
3. Pour tomato sauce into crock pot/slow cooker and stir in chopped onion and bell pepper (from the tops). Place peppers, open side up, into the slow cooker. Cover and cook on low for 6 hours or on high for 3 hours.
4. Transfer peppers to a serving plate and cut in half, if desired. Spoon tomato sauce over the peppers and sprinkle with cheese. Serve warm.

Chef's Note: If you do not have a slow cooker or crock pot, you can bake the bell peppers in a baking dish at 350° for ~30 minutes. Follow instructions above, but place peppers onto tomato sauce mixture in baking dish.

Per Stuffed Pepper- Calories 328, Saturated Fat 3.8g, Sodium 525mg, Total Sugars 20g



Recipe featured in Jan 2021 issue of Beyond Hunger's Nutrition Newsletter & was adapted from BHG.