



Montana Gluten Free Processors

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Stuffed Peppers

Ingredients:

2 cups cooked Montana Gluten Free Rocky Mountain Rice

6 large bell peppers

1lb lean ground beef or turkey

½ onion, diced

1 can corn, drained (or ~1 cup thawed frozen kernels)

1 can black beans, rinsed and drained

¼ cup cilantro, chopped

1 jalapeno pepper, seeded and minced

1 can diced tomatoes (juice reserved)

1 cup shredded cheese

Directions:

- Slice tops off of bell peppers and set tops aside.
- Hollow out seeds and trim bottom of peppers (if necessary) so they sit level.
- Microwave peppers for about 1 minute, or until steaming and slightly soft.
- Chop the reserved bell pepper tops to equal about ¼ cup chopped pepper.
- In a skillet, cook meat with diced onion and chopped pepper (from tops) over medium heat until meat is cooked, the juices run clear, and the onion is translucent.
- Drain excess grease. Return skillet with meat to the stove.
- Stir in corn, black beans, jalapeno, and cilantro.
- Drain can of diced tomatoes, reserving the juices. Set juice aside.
- Add tomatoes to skillet and stir mixture until thoroughly heated.
- Place peppers upright in baking dish and spoon mixture into peppers.
- Sprinkle cheese to cover tops of stuffed peppers
- Cover with foil and bake in oven preheated to 350 degrees F for 20 minutes.
- Remove foil, and bake uncovered using reserved tomato juice to baste the peppers if necessary, until cheese is melted and the peppers are soft- about 15 minutes.

Serves 6