Vegetarian Mexican Stuffed Peppers

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Ingredients

- 4 large red peppers
- 1 cup brown rice, cooked
- 1/2 cup kidney beans, canned or cooked
- 1 tomato, chopped
- 1 tbs olive oil
- 1 tbs lime juice
- 1 tbs pickled jalapeños (chopped)
- 1/2 tsp cumin
- 1/2 tsp salt
- *Optional*: shredded cheddar cheese, for garnishing

Method

1. Preheat oven to 175 degrees celsius

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2. Cut the tops off your peppers, and remove the seeds and stem from the inside
3. Bring water to a boil in a saucepan, place your peppers in the boiling water, and cover the saucepan
4. When your peppers are tender but still a little crisp, remove from heat, strain, and set aside to dry
5. In a large skillet, heat the olive oil on medium heat
6. Add the brown rice, tomato, kidney beans, lime juice, cumin, jalapeños, and salt, and sautee, stirring frequently until the tomatoes soften completely (your kidney beans will turn a little smushy too)
7. Arrange the peppers in an oven-safe dish, and spoon in the Mexican rice; if desired, sprinkle some shredded cheddar cheese on top
8. Place the dish in the oven for 25 minutes, or until your cheese has completely baked.

I loved stuffed peppers, but always struggle to find a vegetarian version that's just as flavorful and satisfying as all the non-vegetarian options out there. Cue the Mexican rice stuffing in these peppers. It's hearty, without being heavy, and has so much good texture against the crispness and sweetness of the peppers, and the jalepenos add just the right amount of zing!

If you want to keep this recipe dairy-free, just skip the shredded cheese topping. You won't lose much by way of flavor.

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