

Healthy Mexican Stuffed Peppers

Ingredients:

- 4 large bell peppers
- 1 cup dried brown rice
- 15oz can of black beans
- 1 cup of corn (frozen or canned)
- ½ cup of finely chopped onions
- 1 cup of canned tomatoes
- 1 ½ teaspoons of cumin
- 1 teaspoon of paprika
- 1 teaspoon of chili powder

Instructions:

1. Cook brown rice according to package instructions
2. While rice is cooking, cut peppers in half and remove seeds, stems, and ribs.
3. Rinse and drain black beans, thaw corn (if frozen) and chop onions.
4. In a large mixing bowl, add cooked rice and all other ingredients except for the bell peppers.
5. Stir to combine.
6. Preheat oven to 350 degrees.
7. Lightly spray baking dish, place peppers, and stuff peppers with rice filling.
8. Cover with tinfoil and bake for 35-40 minutes. Remove foil and bake for an additional 10 minutes.
9. Serve with topping of your choice and enjoy!

Not a huge fan of stuffed peppers? This filling is extremely versatile and can be used to stuff mushrooms or cabbage or even made into a burrito!

How to Freeze Fresh Corn

- Shuck the corn
- Place in boiling water for 5-6 minutes
- Take them out and put them in cold water until they are cool enough to touch
- Take a sharp knife and cut the kernels off the cob
- Put the pieces in a bowl and gently separate the kernels
- Dump the corn into a freezer safe bag or container and freeze

Veggie Cheat Sheet

| | <u>Boil</u> | <u>Steam</u> | <u>Saute</u> |
|---------------------------|--------------------|---------------------|---------------------|
| Asparagus | 10-15 min | 8-10 mins | 4-5 mins |
| Beets | 30-60mins | 40-60 mins | xxxx |
| Broccoli Florets | 10-15 mins | 5-8mins | 3-4 mins |
| Cabbage (shredded) | 5-10 mins | 5-8 mins | 3 mins |
| Corn on the cob | 5-8 mins | 4-7 mins | xxxx |
| Green Beans | 10-20 mins | 5-15 mins | 3-4 mins |
| Mushrooms | 3-4 mins | 4-5 mins | 4-5 mins |
| Peas | 8-12 mins | 3-5 mins | 2-3 mins |
| Bell Peppers | 4-5 mins | 2-4 mins | 2-3 mins |
| Potatoes (cut) | 15-20 mins | 10-12 mins | xxxx |
| Spinach | 2-5 mins | 5-6 mins | 3 mins |
| Squash/Zucchini | 5-10 mins | 5-10 mins | 3-4 mins |