

Black Bean, Corn & Brown Rice Stuffed Peppers

Ingredients

- 1 - 2 cans (15 ounces each) black beans, drained
- 2 - 3 cups cooked brown rice, divided
- 3 - 1 cup frozen corn kernels, thawed
- 4 - 2 scallions, sliced
- 5 - 1/4 cup chopped fresh cilantro
- 6 - 2 tablespoons extra virgin olive oil
- 7 - 2 tablespoons fresh lime juice
- 8 - 1 clove garlic, minced
- 9 - Salt and freshly ground black pepper to taste
- 10 - 2-3 large bell peppers, cut in half lengthwise and cored
- 11 - 2 cups 100% vegetable or tomato juice

Directions

1. Preheat the oven to 350 degrees.
2. Using a large bowl, gently combine the beans, 1 cup of the brown rice, corn, scallions, cilantro, olive oil, lime juice, and garlic. Season with salt and pepper to taste.
3. Place the pepper halves in a large glass baking dish and stuff them with the bean and rice mixture.
4. Carefully spoon some of the juice over each stuffed pepper, trying not to disrupt the filling. Pour the remainder of the juice into the dish. Cover with foil and bake for 45-60 minutes.
5. To serve, place about 1/2 cup of brown rice on each plate, spoon some of the juice from the baking dish on the rice, and then place a stuffed pepper on top of the rice.
6. Serve hot.

Serving Size: makes 4 servings

Number of Servings: 4