

Spring Fling Stuffed Bell Peppers



Get ready to bloom into the season with these vibrant bell peppers stuffed with a flavorful mix of rice, beans, and spices!

Ingredients

- 4 bell peppers
- 1 cup brown rice
- 1 can black beans
- 1 can diced tomatoes
- 1 onion
- 3 cloves garlic
- 1 tsp cumin
- 1 tsp paprika
- to taste salt
- to taste pepper
- 2 tbsp olive oil

Instructions

1. Preheat oven to 375°F (190°C). Cut the tops off the bell peppers and remove seeds and membranes.
2. In a large skillet, sauté the onion and garlic until softened. Add the cumin and paprika and cook for 1 minute.
3. Stir in the cooked rice, black beans, diced tomatoes, salt, and pepper. Cook for 2-3 minutes.
4. Stuff each bell pepper with the rice mixture and top with olive oil. Cover with foil and bake for 25 minutes.
5. Remove foil and bake for an additional 10-15 minutes, or until the bell peppers are tender.

Servings: 4

Nutrition

- **calories:** 420
- **protein:** 15g
- **carbs:** 60g
- **fat:** 10g
- **fiber:** 8g
- **sugar:** 10g