

SPANISH RICE & STUFFED PEPPERS



Prep: 20 minutes

Cook: 45 minutes

Yield: 4 servings

1 cup rice
1 can crushed or diced tomatoes
1/2 of an onion
taco seasoning

4 bell peppers
1 can beans (black or kidney)
1 cup diced kale (or other leafy greens)

OPTIONAL

Cooked chicken for extra protein
Grated cheese
1 can corn
Additional vegetables



1. Mix together 1 can of crushed tomatoes, 1 cup uncooked rice with 1 1/2 cups water (or 2 if using brown rice), 1/4 of onion chopped & 1/2 teaspoon taco mix in a medium sized pot.
2. Bring to a boil then reduce & cover for 15-20 minutes or until liquid is absorbed & rice is soft.
3. While rice is cooking, preheat oven to 350, cut peppers in half lengthwise & remove stems & seeds.
4. Put peppers open side down on a baking sheet & bake for 5-7 minutes to precook them, remove from oven when soft & let cool slightly.
5. Chop & saute the remaining onion, kale & any additional vegetables you're using. Put in a large bowl.
6. Once the Spanish Rice is done, dump 1/2 into the bowl with the cooked vegetables.
7. Add a can of drained beans & stir to combine. If using chicken, add to mixture as well.
8. Stuff the peppers with the rice mixture & return to oven for additional 5-7 minutes until peppers are completely soft. Top with grated cheese if using.
9. Enjoy with the extra rice on the side or store in the fridge.

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