

Meatless Mexican Stuffed Peppers

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/tasty-mexican-stuffed-peppers-recipe>

Ingredients:

- 6 bell peppers medium-sized, red or green
- 2 1/2 cups brown rice cooked
- 1 tablespoon canola oil
- 1 onion medium, diced
- 2 cloves garlic minced
- 540 milliliters black beans drained and rinsed
- 1 1/2 cups frozen corn niblets
- 1 cup tomato puree
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 2 tablespoons chopped fresh cilantro
- hot sauce to taste, optional
- salt
- pepper
- 1 1/2 cups shredded cheddar cheese

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 13 grams
6. Protein: 21 grams
7. SaturatedFat: 7 grams
8. Sodium: 820 milligrams
9. Sugar: 6 grams

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