

# Southwestern Stuffed Poblano Peppers

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-black-beans-yellow-rice-recipe>

## Ingredients:

- 4 poblano peppers
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon cumin seeds
- 1 garlic clove finely minced
- 5 ounces yellow rice saffron
- 1 1/3 cups water
- 15 ounces black beans drained and rinsed
- 1/4 cup chopped cilantro
- 1 cup shredded pepper jack cheese divided
- 1 1/16 ounces salsa seasoning mix Concord Foods mild
- 5 plum tomatoes diced
- 1/4 cup diced red onion finely

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 25 milligrams
4. Fat: 12 grams
5. Fiber: 10 grams
6. Protein: 14 grams
7. SaturatedFat: 6 grams
8. Sodium: 1180 milligrams
9. Sugar: 4 grams

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