

Stuffed Peppers with Chicken, Rice and Beans

Yield: 5 servings

Ingredients

5 poblano or green bell peppers
 1 cup brown rice
 2 cups vegetable stock or water
 ½ pound chicken breast
 ½ teaspoon kosher salt
 2 teaspoons chili powder
 1 teaspoon oregano, dried
 1 teaspoon cumin, ground
 1 tablespoon oil
 ½ medium white onion, diced
 2 cloves garlic, minced
 2 medium tomatoes, diced
 ½ cup black beans, canned, drained and rinsed
 ¼ cup cilantro, fresh, chopped
 1 tablespoon lime juice
 ½ cup cheddar cheese, shredded

Instructions

1. Preheat oven to 350 degrees.
2. Cut each pepper in half length-wise, so that there are two “cups” for each pepper and remove the seeds.
3. Place the peppers on a sheet tray in the oven and bake for 10 minutes.
4. In a medium pot, add water and rice and bring to a boil. Once boiling, reduce to a simmer and cover. Cook for 30 minutes, or until water absorbs. Do not stir while cooking; fluff with a fork.
5. Trim chicken breast and cut into bite-size pieces. Coat with ¼ teaspoon of salt, chili powder, oregano, and cumin.
6. Heat 2 teaspoons of oil in a sauté pan over medium high heat. Add chicken, and cook until 165 degrees.
7. Once cooked, remove chicken. In the same pan, sauté onions and garlic, until onions are translucent. Lower heat to medium and add tomatoes. Stirring frequently with a wooden spoon, let the tomatoes get soft and most of the liquid evaporate.
8. When chicken, onions, and tomatoes are cooked, add to rice. Add remaining salt, cilantro, lime juice, beans, and half of the cheese. Turn off heat.
9. Add a cup of the rice filling to each pepper, or until full.
10. Top peppers with cheese and broil until top begins to brown.
11. Serve topped with 2 tablespoons of salsa verde (see recipe).

Nutrition Information

Serving Size: 1 pepper
 Calories: 240
 Total Fat: 9 g
 Saturated Fat: 3 g
 Monounsaturated Fat: 4 g
 Sodium: 400 mg
 Total Carbohydrate: 24 g
 Dietary Fiber: 6 g
 Sugars: 3 g
 Protein: 16 g

Source: Health Meets Food



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