

# Stuffed Bell Peppers

## INGREDIENTS

- 2 large bell peppers, halved and seeded (any color will work)
- 8 oz can stewed tomatoes, with liquid
- 1/3 cup uncooked brown rice
- 3/4 cup canned kidney beans, drained and rinsed
- 1/2 cup canned corn, drained and rinsed
- Salt and pepper, to taste
- 1/2 cup low-fat mozzarella cheese

**TIME: 25 MINUTES**  
**SERVINGS: 2**



Adapted from: [tasteofhome.com](http://tasteofhome.com)



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

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## PROCEDURE

1. Arrange pepper halves in a microwave safe baking dish. Cover the baking dish with plastic wrap and poke a few holes for vents. Cook in the microwave until tender, about 4 minutes. Set aside.
2. Combine the canned tomatoes, rice and water in a small microwave-safe bowl. Cover and microwave on high until rice is tender, 5-6 minutes (cooking times may vary).
3. Stir in the kidney beans, corn, salt, and pepper; spoon into peppers.
4. Sprinkle with mozzarella. Microwave, uncovered, until heated through, 3-4 minutes



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