



# STUFFED BELL PEPPERS

*"Stuffed with zucchini, beans, rice, corn, spices, and topped with cheese, tomatoes & sour cream"*

## INGREDIENTS:

1 t. cayenne pepper  
4 t. chili powder  
1 t. garlic powder  
1 t. salt  
2 sm. zucchini, halved and sliced  
15 oz. (1 can) corn, drained  
1 T. olive oil  
6 lg. bell peppers, halved  
1 c. rice, cooked  
1 c. **Black Bean Flakes (500654)**  
1 c. water  
15 oz. (1 can) enchilada sauce  
16 oz. (1 can) chile sauce or enchilada sauce  
2 c. grated cheese, divided (*your choice*)  
1-3 tomatoes, diced (*topping*)  
sour cream (*topping*)

## DIRECTIONS:

1. Pre-heat oven, 400° and prepare ingredients.
2. Cook **rice** according to box directions.
3. Add **water** to **Black Bean Flakes**, mix. Set aside.
4. Combine **cayenne pepper, chili powder, garlic powder, and salt** in a dish, divide. Use half of the seasoning on the beans.
5. Toss **zucchini** and **corn** in **olive oil** with half the seasoning. Spread out on a baking sheet. Roast at 400° until vegetables are soft but not mushy. Set aside, reduce oven temperature to 350°.
6. In a lightly oiled casserole dish lay out the halved **bell peppers**. Scoop in a layer of **beans**, sprinkle **cheese**, add a layer of **rice**, fill with veggies. Pour **enchilada/chile sauce** over the top of all of the bell peppers. Top with another layer of **cheese**.
7. Cover baking dish with foil and bake at 350° for 30 minutes, or until bell peppers are tender when pricked with a fork and cheese is melted. Serve.