

Stuffed Peppers with Green Rice

This delicious rice recipe is great on its own, but I love to use it as a filling for stuffed peppers. You can use green, red, yellow, or orange bell peppers – the sweeter ones provide the best flavor contrast to the spicy and savory rice. The recipe comes from my wellness coordinator, Gayle Lange.



Ingredients

- 4 – 6 bell peppers, any color
- 2 Tablespoons water for sautéing
- 1 medium onion, finely chopped
- 3-5 cloves garlic, depending on taste, finely minced
- 1 small hot green chile, seeded and finely minced
- 1 cup brown rice, uncooked
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- Juice of ½ lime
- ¼ cup chopped fresh cilantro
- Salt and pepper to taste
- Optional additions: currants, toasted pine nuts, slivered almonds, etc.

Directions

To prepare rice:

1. Sauté onion, garlic, and chile in 2T water over medium heat, stirring constantly, until onions and garlic are softened, about five minutes.
2. Add the rice and 2½ cups water. Add cumin and oregano and bring to simmer, then cover and simmer on low until water is absorbed, 35 – 40 minutes.
3. Add lime juice and cilantro, and salt and pepper to taste.

To prepare peppers:

1. Preheat oven to 375. Cut tops off of peppers and remove seeds and stem. Stuff peppers completely full with cooked rice mixture.
2. Place peppers in baking dish with approximately ¼ inch water in bottom of dish. Cover with aluminum foil and bake for 25 minutes. If you like the skin a bit brown and roasted, you can uncover and cook for an additional 10 minutes, but this is optional.

