

# Tex-Mex Stuffed Peppers

**IOWA**

Student Wellness

## Ingredients

- 5-6 (depending on size) tri-color bell peppers, tops cut off and seeds and ribs removed
- 1 pound extra lean ground beef or turkey, uncooked
- 1 cup brown rice, cooked
- 1 cup black beans, rinsed and drained
- 1 cup frozen corn
- 1 cup red enchilada sauce
- $\frac{3}{4}$  cup shredded Mexican cheese, plus more for topping, if desired
- $\frac{1}{2}$  tablespoon chili powder
- $\frac{1}{2}$  teaspoon ground cumin
- Salt and pepper to taste
- Optional toppings: cilantro, sour cream, salsa, enchilada sauce, avocado, lime wedges



## Directions

1. Spray the bottom of a slow cooker with nonstick cooking spray. Place the peppers inside.
2. In a large bowl combine ground beef or turkey, rice, black beans, corn, enchilada sauce, cheese, seasoning and a sprinkle of salt and pepper.
3. Place the filling into the cavity of each pepper.
4. Cook on HIGH for 2-3 hours or on LOW for 4-6 hours or until the meat is cooked through.
5. Serve immediately with some of the optional toppings, if desired.