

# STUFFED Poblano Peppers

**\$2.50**  
*per serving*

**30** MINUTES  
OR LESS

**9 INGREDIENTS**

*Buy Local!*

12 cups water • 1 cup uncooked brown rice  
1 Tbsp grape seed oil • 1/2 white or yellow onion,  
thinly sliced • 1/2 tsp ground cumin • 1/4 tsp sea salt  
1/3 cup chunky salsa, plus more for topping  
1/4 cup cilantro, plus more for serving

## PEPPERS

4 poblano peppers, skin on • 1 tsp olive or coconut oil

1 15-ounce can pinto beans, lightly drained • 1/4 tsp  
ground cumin • Sea salt to taste (~ a pinch)

## TOPPINGS

Hot sauce • Fresh cilantro • Sliced avocado



\*highlighted ingredients can be bought at the market!



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# HOW TO: STUFFED POBLANO PEPPERS

1. Add 12 cups water to a large pot and bring to a boil over high heat. Once boiling, add rice and cook for 30 minutes. Then drain for 30 seconds, return to pot off of heat, and cover for 10 minutes\*. Set aside.
2. In the meantime, preheat oven to high broil and place a rack at the top of your oven.
3. Lightly brush whole poblano peppers with oil. Place on a baking sheet and broil on high for 1-2 minutes on each side, or until lightly blistered.
4. Turn oven off broil and preheat to 375 degrees F.
5. Let peppers cool for a few minutes, then peel away any blistered skin and use a paring knife to cut out the stem. Also cut a slit down one side of the pepper and use your hands or a spoon to scrape out the seeds.
6. Heat a large metal or cast iron skillet over medium heat. Once hot, add 1 Tbsp oil and onion and sauté for 4-5 minutes, or until soft and translucent.
7. Next add cooked rice, cumin, 1/4 tsp sea salt, salsa and cilantro. Stir to combine.
8. In a separate small saucepan over medium heat, add pinto beans and season with cumin and sea salt to taste. Once bubbly and hot, remove from heat and set aside.
9. Place peppers in a lightly greased, large baking dish (9x13-inch is best) and scoop generous amounts of the rice filling into each pepper using a spoon. Top with beans and a bit more salsa and cover the dish with foil.
10. Bake peppers at 375 degrees F for 15 minutes, then remove foil and bake for another 10-15 minutes uncovered. The longer they bake, the more tender the peppers will become.
11. Let cool slightly before serving with desired toppings. Best when fresh, though leftovers keep in the refrigerator for 2-3 days. Reheat in the microwave or in a 350 degree F oven until warmed through.

## *why is it healthy?*

### AVOCADO

Avocados are a great source of healthy fat and contain 14 grams of fiber per avocado.

### PINTO BEANS

Pinto Beans are very filling as they are high in fiber yet low in calories. They are an inexpensive easy vegetarian way to pack more protein into your diet.

### POBLANO PEPPERS

Poblano Peppers contain 69% of your daily vitamin A. They are a great source of magnesium and vitamin B6, a combo that helps decrease anxiety.

This recipe is from **Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/vegan-stuffed-poblano-peppers/>

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