

Stuffed Bell Peppers – Serves 4



Ingredients

4 Bell Peppers, Chopped in ½ longways and deseeded
1 Tin Chopped Tomatoes
1 Tin Kidney Beans
1 Onion, diced
1 Tin Sweetcorn, drained
1 Clove Garlic, finely chopped
750ml Vegetable Stock
2 Tbsp Chilli Powder
1 Tbsp Ground Cumin
1 Tbsp Paprika
250g Basmati Rice
1 Tbsp Oil
75g Grated Cheese

Method

1. In a large pan or wok heat the oil over a medium heat. Add the onions and gently fry until soft. Add the garlic and continue to cook until fragrant (about 30 seconds).
2. Add the chilli powder, cumin and paprika and cook for a further 30 seconds coating the onion and garlic.
3. Empty the tin of beans, plus the juice from the tin and stir well.
4. Add the chopped tomatoes and sweetcorn and again mix well.
5. Pour in the rice to stir to infuse all flavours, then pour the stock into the pan and bring to the boil. When boiling reduce heat and simmer until most of the liquid is absorbed (about 20 minutes)
6. Pre-heat the oven to 180°C/gas mark 4
7. Check the rice is soft and cooked.
8. Spoon mixture into the pepper halves and top each with a sprinkle of grated cheddar cheese.
9. Oven cook for 20 minutes and enjoy immediately with salad.

Top tips

You can use minced beef or vegetarian alternate in this dish, just fry and seal the mince before step 2

Use as many different colours to form your salad as eating a rainbow is good

Any beans can be used, even baked beans