



VEGAN STUFFED BELL PEPPERS

INGREDIENTS

14 oz. Plant-Based Ground
3 bell peppers (your choice of color)
2 ears of corn (charred & cut off husk)
2 tomatoes (deseeded & small dice)
1 onion
3 garlic cloves
1 (16 oz.) can black beans (rinsed)
1 cup cooked rice
1 T cilantro
½ T oregano
½ T paprika
¼ T cumin
1 t salt & pepper
1 T olive oil

TIME: 35 mins (Prep Time 10 mins / Cook Time 25 mins) **SERVES:** 3 **TYPE:** Vegan

INSTRUCTIONS

- 1 Preheat oven to 450° F
- 2 Chop onion & garlic. Sauté until fragrant. Add oregano, paprika, and cumin to pan, stir.
- 3 Add ground and cook until brown. Add corn and cook for 2 minutes. Set aside.
- 4 Cut top off of bell peppers & deseed. Baste outside of bell peppers with olive oil, season with salt and pepper. Place peppers in a pan, cover with foil. Bake for 10 minutes.
- 5 While peppers are baking, combine ground, cooked rice, black beans, tomatoes & cilantro.
- 6 After peppers are done baking, spoon mixture into peppers.

QUICK TIP



Top with your favorite tomato sauce for a more Italian flavor

Before
the butcher™