

# Southwestern-Style Stuffed Peppers II

*Curtis Stone  
Winn-Dixie Stores*

## **Servings: 4**

*3 beefsteak tomatoes, halved  
2 tablespoons canola oil  
1 ear corn, kernels removed  
1/2 (1/4 cup) yellow onion, finely chopped  
1/2 zucchini, diced  
1 clove garlic, chopped  
1/4 teaspoon ground cumin  
1/4 teaspoon chili powder  
1/4 teaspoon cayenne pepper  
1 can (15 ounce) black beans, rinsed and drained  
1 1/2 cups cooked long-grain white rice  
1/4 cup sour cream  
salt (to taste)  
pepper (to taste)  
4 small green bell peppers, halved through the stem and seeded  
1/2 cup Monterey Jack cheese, grated  
2 tablespoons cilantro, coarsely chopped*

## **Preparation Time: 10 minutes**

### **Cook Time: 40 minutes**

Position the rack in the center of the oven.  
Preheat to 400 degrees.

Place a grater inside a medium bowl. Rub the cut side of the tomatoes over the large holes in the grater. Reserve the pulp and discard the skins.

Heat a large saucepan over medium-high heat. Add the corn, oil, onions, zucchini and garlic. Cook, stirring occasionally, for 8 minutes or until the vegetables are caramelized. Stir in the spices, tomato pulp, beans and rice. Simmer for 2 minutes or until heated through. Remove from the heat. Stir in the sour cream. Season with salt and pepper.

Lightly coat the outside of the peppers with oil and season with salt and pepper. Place the peppers, cut side up, on a baking tray. Divide the filling among the peppers.

Roast for 30 minutes or until the peppers are tender and slightly charred. During the last 5 minutes, sprinkle cheese over the peppers and heat until the cheese melts.

Sprinkle cilantro over the peppers and serve.

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Per Serving (excluding unknown items): 448 Calories; 16g Fat (30.5% calories from fat); 18g Protein; 62g Carbohydrate; 11g Dietary Fiber; 19mg Cholesterol; 97mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Beef

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	448	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	30.5%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	53.5%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	16.0%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	16g	<b>Folacin (mcg):</b>	297mcg
<b>Saturated Fat (g):</b>	5g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	19mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	62g		
<b>Dietary Fiber (g):</b>	11g		
<b>Protein (g):</b>	18g		
<b>Sodium (mg):</b>	97mg		
<b>Potassium (mg):</b>	1163mg		
<b>Calcium (mg):</b>	218mg		
<b>Iron (mg):</b>	5mg		
<b>Zinc (mg):</b>	3mg		
<b>Vitamin C (mg):</b>	116mg		
<b>Vitamin A (i.u.):</b>	1431IU		
<b>Vitamin A (r.e.):</b>	192 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	3 1/2
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	1 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	2 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 448 **Calories from Fat:** 137

### % Daily Values\*

<b>Total Fat</b> 16g	24%
Saturated Fat 5g	27%
<b>Cholesterol</b> 19mg	6%
<b>Sodium</b> 97mg	4%
<b>Total Carbohydrates</b> 62g	21%
Dietary Fiber 11g	44%
<b>Protein</b> 18g	
<b>Vitamin A</b>	29%
<b>Vitamin C</b>	193%
<b>Calcium</b>	22%
<b>Iron</b>	25%

\* Percent Daily Values are based on a 2000 calorie diet.