



Sweet Pepper ‘Burrito Bowls’

Vegetarian friendly dish has bright spicy fresh flavor

Brightly colored peppers also pack eye-friendly vitamins A, E and C

- 2 cups cooked black rice
- 4 large red, green, yellow or orange sweet bell peppers
- 1 Tablespoon olive oil
- 2 ounces your favorite fresh sliced mushrooms, coarse chop
- 1/2 cup diced red onions
- 2 cloves garlic, minced
- 1 cup black bean tomato salsa
- 1 cup frozen mixed white and yellow corn
- 1 (14.5 oz.) can petite diced tomatoes with juice
- 3/4 cup shredded hot pepper Monterey Jack cheese
- Garnish: chopped cilantro as desired
- Serve as desired: sour cream, avocados, salsa, sea salt or plantain chips

Prepare black rice according to package directions. Set 2 cups cooked rice aside. For extra help: See to Prepare Black Rice at the end of the recipe.

Preheat oven to 350 degrees F.

Cut bell peppers in half lengthwise and remove seeds, clean & wash, leaving stem on or removing it for a bowl shape. Set into a lightly greased 12x9-inch baking dish, cut side up. Set aside.

In large frying pan, heat oil over medium high heat. Add diced mushrooms; sauté for about 3 minutes. Add onions and garlic; sauté 1 to 2 minutes or until fragrant. Stir in reserved black rice, salsa, corn, and diced tomatoes with juice. Cook over medium low heat until mixture thickens slightly, about 6 minutes.

Spoon rice mixture into each pepper half (about 1/2 cup in each) Sprinkle each pepper with shredded cheese. Cover baking dish with foil; bake for 25 to 30 minutes or peppers are softened. Garnish with chopped cilantro. Serve as desired with sour cream, avocado, salsa, or plantain chips.

Cook's Note: Sweet bell peppers have various large sizes and you might have some filling leftover. If you have remaining filling, stir in 1 (5.5 fl. oz.) can spicy hot vegetable juice to make a delicious thick sauce. Also, to save some time, prepare the rice ahead of time. The black rice I used didn't require extra rinsing.

Recipe Inspired by: Mushroom Canada.

About the Recipe: Like all traditional delicious recipes, the burrito, a Mexican favorite in the U.S., has many different fillings. This vegetarian dish uses sweet peppers like bowls, filling them with meaty mushrooms, healthy black rice, and salsa flavored veggies. Top with melting hot pepper cheese, cilantro leaves, and a nice dollop of sour cream for a salsa dinner favorite. Serve it with a few of those new sea salt plantain chips.

To Prepare Black Rice:

Amount to use: 1 cup uncooked black rice to 2 cups water or as package suggests will give you about 2 cups cooked black rice.

Rinse rice to remove excess starch that creates clumping.

Pour your measured-out cups of water into a large pot. Add the rice to the water. Do not turn the stove top on until both the water and the rice are in the pot. Bring water to a boil; reduce heat to simmer, cover pot; leave to simmer for 20 to 35 minutes or water is absorbed. Turn off heat; leave pot sit for about 15 minutes. Fluff rice with a fork to separate the grains and serve.

For More information: See:

<https://www.wikihow.com/Prepare-Black-Rice>