

Quick and Easy Stuffed Peppers

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

These stuffed peppers cooked in the microwave are a quick simple and good meal during a busy work week. You can use any color of pepper. Try using garbanzos instead of kidney beans for a variation of this recipe.

Ingredients

- - 2 large red bell peppers
- halved and seeded - 1 (8 ounce) can stewed tomatoes
- with liquid - 1 cup quick-cooking brown rice - 2 tablespoons hot water - ½ (15 ounce) can kidney beans
- drained and rinsed - ½ cup frozen corn kernels
- thawed and drained - 2 green onions
- thinly sliced - ¼ teaspoon crushed red pepper flakes - ½ cup shredded mozzarella cheese - 1 tablespoon grated Parmesan cheese

Instructions

1. Arrange pepper halves in a 9-inch square glass baking dish. Cover the baking dish with plastic wrap and poke a few holes for vents. Cook in the microwave until tender
2. about 4 minutes. Set aside. Mix together tomatoes with liquid
3. rice
4. and hot water in a medium microwave-safe bowl. Cover the bowl with plastic wrap. Cook in the microwave until rice is tender
5. about 4 minutes. Remove plastic wrap carefully. Stir in kidney beans
6. corn
7. green onions
8. and red pepper flakes. Re-cover the bowl with plastic wrap. Cook in the microwave until heated through
9. about 3 minutes. Spoon hot tomato mixture evenly into pepper halves. Cover the baking dish with plastic wrap and poke holes for vents. Cook in the microwave for 4 minutes. Remove plastic wrap. Sprinkle stuffed peppers with mozzarella and Parmesan cheese. Allow to stand until cheese is melted
10. 1 to 2 minutes.