

Idiot's Kitchen Recipe – Stuffed Poblano Peppers

(and Pico de Gallo & Southwest Brown Rice Salad)

Recipe from www.idiotskitchen.com – adapted from Bev Cooks & A Couple Cooks – Pico de Gallo recipe from me.



Ingredients:

1 cup uncooked brown rice
2 cups water
6 Poblano peppers, cut in half lengthwise, seeds and membranes removed
1 (14.5 oz) can black beans, drained and rinsed
1 cup corn (fresh cut off the cob or frozen)
1 cup pico de gallo/fresh salsa **recipe and ingredients below*
2-3 green onions, chopped
1 Tablespoon cumin
1 Tablespoon chili powder
1 cup cheddar cheese, grated
1 cup pepper jack cheese, grated
Salt & Pepper

Ingredients for Pico de Gallo:

2 ripe tomatoes, chopped
¼ cup onion, finely chopped
1 jalapeno, seeded and finely minced
½ cup cilantro, chopped
1 lime, juiced
Salt & Pepper

For awesome, homemade Pico de Gallo or fresh salsa, combine 2 diced tomatoes with ¼ cup finely chopped onion, and 1 finely minced jalapeno (seeds and membranes removed). Add ½ cup chopped fresh cilantro and the juice of 1 lime. Season to taste with salt & pepper. For the best flavor, make this first and let it sit at room temperature for the flavors to blend.

To cook the rice, bring 2 cups of water to a boil in a medium sauce pan. Add 1 cup of brown rice, stir, reduce the heat to low, cover, and simmer for 20 minutes or until all of the water has been absorbed into the rice. The key to good, fluffy rice is to leave it alone while it cooks. No stirring, no peeking.

Cut the Poblano peppers in half lengthwise and remove all of the seeds and inner membranes. Place the peppers on a sheet pan covered with foil. Cook ON THE MIDDLE OVEN RACK under the broiler for 5 minutes until slightly soft but not blackened. Set aside while you make the filling.

Turn the oven down to 400 degrees.

Grab a large mixing bowl to make the filling. Combine the cooked, fluffy brown rice with 1 (14.5 oz) can of black beans that have been drained and rinsed. Add 1 cup of corn (fresh cut off the cob is great or you can also use frozen) and 2-3 chopped green onions.

Add 1 cup of your freshly made pico de gallo but be sure to dip it out removing as much of the liquid as possible or your filling will be too mushy. Season with 1 Tablespoon cumin, 1 Tablespoon chili powder, salt & pepper. Mix to combine.

This filling makes a great Southwest Brown Rice Salad on its own.

Fill the softened Poblano peppers with the rice mixture and sprinkle the tops with a combination of grated cheddar and pepper jack cheese. Bake at 400 degrees for 20 minutes until the peppers are completely soft, the filling hot, and the cheese bubbly and delicious.

Makes 4-6 servings (depending on the size of your peppers) with a little filling leftover.