

# *Idiot's Kitchen Shopping List – Stuffed Poblano Peppers*

## *(and Pico de Gallo & Southwest Brown Rice Salad)*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – adapted from Bev Cooks & A Couple Cooks – Pico de Gallo recipe from me.



1 cup uncooked brown rice  
2 cups water

6 Poblano peppers  
1 (14.5 oz) can black beans  
1 cup corn (fresh cut off the cob or frozen)  
1 cup pico de gallo/fresh salsa *\*ingredients below*

2-3 green onions  
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  
¼ cup onion  
1 jalapeno  
½ cup cilantro  
1 lime  
Salt & Pepper