



Easy Prep! Ready-Made Chicken Stuffed Peppers

with Grits, Corn & Crispy Onions



30-40min



2 Servings

Meat and cheesy grits are made for each other. Here we stuff them into sweet bell peppers, smother them with cheese, and bake until browned and bubbling. First, we cook cheesy, corn kernel-studded grits in chicken broth, then we mix ready-to-heat chicken with BBQ sauce, smoked paprika, scallions, and fried onions. This ultimate comfort food comes together with minimal prep for huge flavor payoff!

What we send

- 2 bell peppers
- 2 scallions
- 1 pkt chicken broth concentrate
- 3 oz grits
- 2½ oz corn
- 2 oz shredded cheddar-jack blend ⁷
- ½ lb pkg ready to heat chicken
- 4 oz barbecue sauce
- ¼ oz smoked paprika
- ½ oz fried onions ⁶

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- apple cider vinegar (or white wine vinegar)

Tools

- aluminium foil
- rimmed baking sheet
- small saucepan

Allergens

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 31g, Carbs 78g, Protein 42g



1. Prep peppers

Preheat broiler with a rack in the center.

Halve **peppers** lengthwise; discard stems and seeds. Place cut-side down on a foil-lined rimmed baking sheet; rub all over with **oil** and season with **salt** and **pepper**.



2. Broil peppers

Broil **peppers** on center oven rack until crisp-tender and browned in spots, but still holding their shape, 5-7 minutes (watch closely as broilers vary). Remove from oven and flip peppers.

Turn off broiler and switch oven to 400°F.



3. Make broth

While **peppers** cook, trim **scallions** and thinly slice, keeping dark greens separate.

In a small saucepan, add **scallion whites and light greens** and **1 tablespoon butter**; cook over medium heat until softened, about 1 minute. Add **broth concentrate, 2 cups water**, and a **pinch of salt**; bring to a boil over medium-high heat.



4. Cook grits

To same saucepan, whisk in **grits**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until tender, about 7 minutes. Stir in **corn, half of the cheese**, and **2 tablespoons butter**; season to taste with **salt** and **pepper**.



5. Fill peppers

Pat **chicken** dry; use your fingers to break into bite-sized pieces. Toss in a medium bowl with **barbecue sauce, half each of the smoked paprika, fried onions, and dark scallion greens**, and **1 teaspoon vinegar**; season to taste with **salt** and **pepper**.

Divide **grits** between **peppers**. Top with **chicken mixture**, then sprinkle with **remaining cheese**.



6. Bake peppers & serve

Bake **peppers** on center oven rack until **cheese** is melted and browned in spots and a knife can easily pierce through the center, 15-20 minutes.

Serve **BBQ chicken and grits stuffed peppers** sprinkled with **remaining fried onions** and **dark scallion greens**. Enjoy!