

DINNERLY



Low-Cal Tex-Mex Stuffed Peppers with Cauliflower Rice & Black Beans



30min



2 Servings

Already drooling? We can't blame you. We loaded these soft, broiled bell peppers with beans, cauliflower rice, cheese, and salsa to create a Tex-Mex flavor bomb (and not a high-calorie bomb). We've got you covered!

WHAT WE SEND

- 2 green bell peppers
- 15 oz can black beans
- ¼ oz cumin seeds
- 12 oz cauliflower rice
- 2 oz shredded cheddar-jack blend ¹
- 4 oz salsa

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 430kcal, Fat 18g, Carbs 45g, Protein 22g



1. Prep peppers

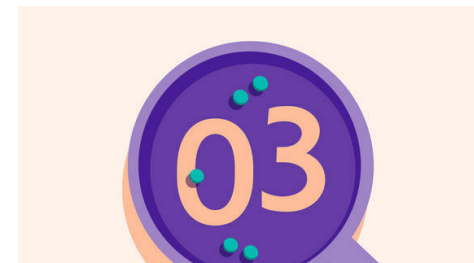
Preheat broiler with a rack in the upper third.

Halve **peppers** lengthwise to make 4 equal halves; discard cores and seeds. Place on a rimmed baking sheet; lightly sprinkle inside of peppers with **salt** and drizzle with **oil**.



2. Par-cook peppers

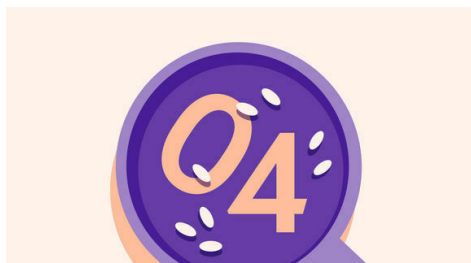
Broil **peppers** on upper oven rack until browned, slightly charred, and tender, flipping halfway through cooking time, 10–15 minutes (watch closely as broilers vary).



3. Drain beans, make filling

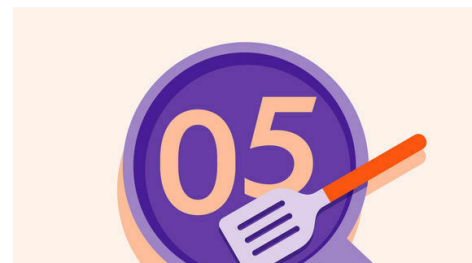
While **peppers** are broiling, drain and rinse **black beans**.

Heat 1 **tablespoon oil** and 1 **teaspoon cumin seeds** in a medium skillet over medium-high. Add **cauliflower rice** and a **generous pinch of salt**; cook, stirring, until slightly softened, 2–3 minutes. Transfer half of the cauliflower rice to a medium bowl and set aside until ready to serve.



4. Add beans & stuff peppers

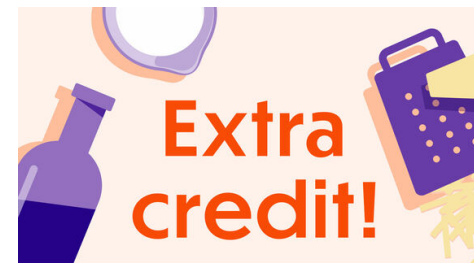
Stir **beans** into skillet with **remaining cauliflower rice**. Season to taste with **salt** and **pepper**. Divide **filling** between **peppers**. Top with **cheese**.



5. Broil & serve

Broil **stuffed peppers** on upper oven rack until **cheese** has melted, 2–3 minutes (watch closely).

Serve **Tex-Mex stuffed peppers** with **salsa** spooned over top, and **reserved cauliflower rice** alongside. Enjoy!



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.