

DINNERLY



Low-Cal Tex Mex Stuffed Peppers with Cumin 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
- 1 pkt cumin seeds
- 12 oz pkg cauliflower rice
- 2 oz pkg shredded cheddar-jack blend ⁷
- 4 oz salsa

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 420kcal, Fat 18g, Carbs 44g, Proteins 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.

On a rimmed baking sheet, lightly sprinkle inside of peppers with **salt** and drizzle with **oil**.



2. Par-cook peppers

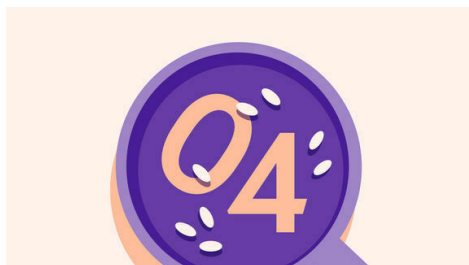
Broil **peppers** on upper oven rack until browned, slightly charred, and tender, flipping halfway through cooking time, 10–15 minutes (watch closely as broilers vary).



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 for serving.



4. Add beans & stuff peppers

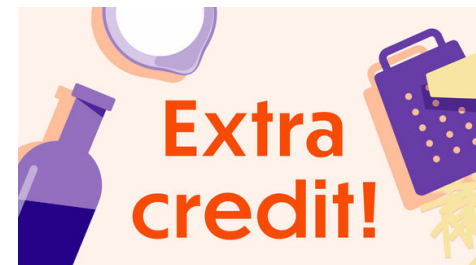
Stir **beans** into skillet with **remaining cauliflower rice**. Season to taste with **salt** and **pepper**. Divide **filling** between **peppers**. Top with **cheese**.



5. Broil & serve

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

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



6. Extra toppings!

These stuffed peppers are already loaded with flavor, but why not mash up a little guacamole to serve on the side! What's Tex-Mex without a little avocado, right?