



**GREEN  
CHEF**

## SOUTHWEST BEAN STUFFED PEPPERS

*dirty rice with celery, Roma tomato & corn, sharp cheddar cheese*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

870

### MENU

VEGETARIAN // GLUTEN-FREE

In a stuffed-pepper rut? Our chefs have given the hearty weeknight staple a bold Southwest-style update that's sure to please. Here, tender bell pepper halves are stuffed with kidney beans cooked in a creamy sauce. Then, they're topped with cheddar and quickly roasted until deliciously melty. Everything's served over bean-studded dirty rice with sautéed celery, shallot, corn, and tomato for even more savory oomph.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (12 ITEMS)

½ cup	<b>Jasmine rice</b>
2 whole	<b>Mushroom stock concentrates</b>
1 unit	<b>Red bell pepper</b>
1 whole	<b>Shallot</b>
13¼ oz	<b>Kidney beans</b>
1¾ oz	<b>Celery</b>
1 whole	<b>Roma tomato</b>
1½ oz	<b>Tomato paste</b>
1 oz	<b>Cream cheese</b> <small>M</small>
2½ tsp	<b>Southwest seasoning</b>
3½ oz	<b>Corn</b>
2 oz	<b>Sharp cheddar cheese</b> <small>M</small>

### WHAT YOU'LL NEED

small pot with lid  
medium & large sauté pans  
baking sheet  
measuring cup & spoons  
strainer  
oven mitt  
cooking oil  
1 tsp sugar  
salt & pepper

### ALLERGENS

M MILK

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, one of the **mushroom stock concentrates**, 1 cup water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16–18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 7.)

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 SEASON &amp; ROAST BELL PEPPER

- Halve **red bell pepper**\* lengthwise. Discard seed pod and stem.
- Place **bell pepper halves**, cut sides down, on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Rub to evenly coat. Lightly season with salt and pepper.
- Roast 10–12 minutes, or until just tender.

\*The ingredient you received may be a different color.

## 3 PREP

- Cut ends off **shallot** and discard peel. Cut widthwise into slices, about ¼ inch thick.
- Strain and rinse **kidney beans**.
- Small dice **celery** into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

## 4 COOK BEAN FILLING

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add about half the **shallot** and 1 teaspoon sugar to hot pan. Cook 3–4 minutes, or until shallot is slightly caramelized, stirring occasionally.
- Add **tomato paste**, **cream cheese**, remaining **stock concentrate**, and about ¼ cup water to pan. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer 4–5 minutes, or until cream cheese is fully incorporated, stirring often.
- Add **beans**. Stir to combine. Season with **Southwest seasoning** and about ¼ teaspoon salt. Cook 1–2 minutes, or until beans are warmed through. Remove from heat.

## 5 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **celery**, **corn**, and remaining **shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until corn and shallot are lightly browned, stirring occasionally.
- Add **tomato**. Cook 2–3 minutes, or until celery is tender, stirring occasionally. Remove from heat.

## 6 STUFF BELL PEPPER

- Flip **bell pepper halves** cut sides up. (Careful! Baking sheet is hot!) Spoon **bean filling** into each half.\* Sprinkle **sharp cheddar cheese** over top.
- Roast 3–5 minutes more, or until filling is set and cheese melts.

\*If there's excess bean filling after stuffing the bell pepper halves, reserve it in the pan for the next step.

## 7 FINISH RICE

- Transfer **rice** and any remaining **bean filling** to pan with **veggies**. Stir to combine. Season with salt and pepper to taste.\*

\*Taste the dirty rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.

## 8 PLATE YOUR DISH

- Divide **dirty rice** between plates. Top with **Southwest bean stuffed peppers**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (552g)

Amount per serving

Calories 870

	% Daily Value*
<b>Total Fat</b> 39g	50%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 1800mg	78%
<b>Total Carbohydrate</b> 103g	37%
Dietary Fiber 11g	39%
Total Sugars 18g	
Includes 3g Added Sugars	6%
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 328mg	25%
Iron 4mg	20%
Potassium 1372mg	30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

**Bell Peppers, Kidney Beans** [organic kidney beans, water, sea salt, calcium chloride (firming agent)], **Tomato Paste** [tomato paste, citric acid], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Jasmine Rice** [jasmine rice], **Corn** [corn], **Shallot, Roma Tomatoes, Celery, Southwest Seasoning** (Ground Cumin, Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Coriander, Granulated Garlic), **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)]

Allergen information:  
Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.