

Rainbow Vegetarian Stuffed Peppers

16 portions (32 ½ portions)

1 quart Marinara Sauce

8 cups cooked brown rice

8 peppers (2 green, 2 red, 2 orange and 2 yellow)

2 cups black beans

1 cup frozen corn

1 lb shredded cheddar cheese

8 oz shredded cheddar cheese

- 1) Cook rice.
- 2) Wash peppers. Cut peppers in half lengthwise. Clean out seeds and stem. Place pepper into baking pan.
- 3) In mixing bowl combine marinara sauce, cooked rice, rinsed and drained black beans, corn and 1 lb cheese.
- 4) Pack ¾ cup of the rice mixture into each pepper half.
- 5) Steam for 5 minutes, then bake at 325 degrees for 15 minutes.
- 6) Top each pepper half with ½ oz of cheese.
- 7) Place back in the oven for several minutes until the cheese is melted.



You can also make “Jack o Lantern Peppers.” Each pepper would take 2 portions of the recipe above.