

# MEXICAN CUISINE

## ITEMS IN MEAL PACK

VEGETARIAN REFRIED  
BEANS

LONG GRAIN RICE

CHEDDAR CHEESE

FLOUR TORTILLAS

ASSORTED BREAKFAST  
& SNACK ITEMS

FRESH FRUITS &  
VEGETABLES

## ENCHILADA STUFFED BELL PEPPERS RECIPE

INGREDIENTS: ENCHILADA  
SAUCE, BEANS, CHEESE,  
GREEN ONIONS, SALSA

STEP 1: CUT THE TOP  
OF THE BELL PEPPER  
OFF

STEP 2: FILL THE  
PEPPER WITH  
ENCHILADA SAUCE  
(OPTIONAL), PREPARED  
REFRIED BEANS, AND  
SHREDDED CHEESE, MIX  
WELL

STEP 3: TOP WITH  
CHEESE AND PLACE IN  
OVEN AT 400 DEGREES  
FOR 15 MINUTES UNTIL  
CHEESE IS MELTED AND  
PEPPER IS SOFTENED.  
TOP OFF WITH GREEN  
ONIONS AND SALSA IF  
DESIRED

## RECIPE IDEAS

BEAN & CHEESE  
BURRITO

CHEESE QUESADILLA  
WITH RICE AND BEANS

BEAN RICE & CHEESE  
BURRITO

ENCHILADA STUFFED  
BELL PEPPERS

