

Traditional Food Recipe

Tepary Bean and Tomato Stuffed Bell Peppers

Pre-heat oven to 375°F



INTER TRIBAL COUNCIL OF ARIZONA, INC.

Ingredients:

- 4 large **bell peppers** (any color) cut in half or lengthwise, clean out the inside and rinse
- 1 C cooked tepary beans (you can use canned or cooked from dried beans)
- 1 C diced **tomatoes** (canned or fresh)
- 1 C **shredded cheese**
- 1/2 C finely diced **onion**
- 2 cloves **garlic**, minced
- 1 tsp olive oil
- 1 tsp ground cumin
- 1/2 tsp chili powder
- Salt and pepper to taste
- Fresh **cilantro** or parsley for garnish (optional)

Directions:

- Place **bell pepper** halves in an oven-safe baking dish
- In a skillet, heat the olive oil over medium heat
- Add diced **onion** and **garlic**, cook for 2-3 minutes until soft
- Add cooked tepary beans and diced **tomatoes** to skillet
- Sprinkle in ground cumin, chili powder, salt, and pepper
- Stir well and cook for 3-4 minutes, allowing the flavors to combine
- Carefully stuff each **bell pepper** with the tepary bean and tomato mixture, packing it down gently as you go
- Sprinkle **shredded cheese** evenly over the tops of the stuffed **bell peppers**
- Place the stuffed **bell peppers** in a baking dish and cover with aluminum foil
- Bake in the preheated oven for 25-30 minutes, or until the peppers are tender and the **cheese** is melted and bubbly

♥ Foods in **pink** can be purchased with WIC benefits

🍷 Traditional foods are underlined

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Nutritional Highlights:

- Tepary beans are high in fiber and are a good source of iron
- Tomatoes and Bell Peppers are high in vitamin C and antioxidants
- Fiber helps control blood sugar and reduce the chance of heart disease
- Vitamin C helps your body use iron more efficiently
- The combination of fiber, iron and vitamin C provides a lot of nutrition in one meal!

Other preparation ideas:

- Mix in ground meat or tofu
- Try different herbs and spices or even hot sauce to make it spicy
- Add brown rice, along with the beans, to create complete a protein without meat
- Stuff and cook the small peppers and store as an easy-to-grab snack

