



## Vegan Poblano Stuffed Peppers

### Ingredients:

#### FILLING

1 cup uncooked brown rice or quinoa  
1 large sweet potato  
1/2 tsp garlic powder  
1/2 tsp of pepper  
1 Tbsp + 1 tsp avocado, olive or coconut oil  
1/2 medium white or yellow onion (thinly sliced)  
1 15-ounce can black beans (drained and rinsed)  
3/4 tsp ground cumin  
1 tsp sea salt  
1/3 cup chunky red or green salsa (plus more for topping)  
1/4 cup cilantro (plus more for serving)

#### PEPPERS

4 poblano peppers (skin on)  
1 tsp avocado, olive or coconut oil

#### FOR TOPPING optional

Creamy Avocado Cilantro Dressing (see below for recipe)  
Hot sauce  
Fresh cilantro  
Sliced avocado

### Instructions:

Preheat oven to 400 degrees

Cook rice or quinoa according to package instructions and once done, set aside.

While rice is cooking, wash and scrub sweet potato. Chop sweet potato into 1/2 inch cubes. Line a large baking sheet with parchment paper and spread sweet potato on pan. Drizzle with 1 tsp. oil and sprinkle garlic powder, salt and pepper. Toss to coat. Bake 25 minutes or until crisped, flipping once halfway through.

After the sweet potatoes are done, set your oven to high broil and place a rack at the top of your oven. Lightly brush whole poblano peppers with 1 tsp oil. Place on a baking sheet and broil on high for 1-2 minutes on each side, or until lightly blistered. Turn oven off broil and preheat to 375 degrees. Let peppers cool for a few minutes. Then peel away any blistered skin and use a paring knife to cut out the stem. Also cut a slit down one side of the pepper and use your hands or a spoon to scrape out the seeds. Set aside.



Heat a pan over medium heat. Once hot, add 1 Tbsp oil and onion and sauté for 4-5 minutes, or until soft and translucent.

In large bowl add cooked rice, sweet potatoes, onions, black beans, cumin, sea salt, salsa and cilantro. Stir to combine. Taste and adjust seasonings as needed.

Place peppers in a lightly greased, baking dish and scoop generous amounts of the filling into each pepper using a spoon. Top with a bit more salsa and cover the dish with foil. Bake peppers at 375 degrees for 15 minutes. Then remove foil and bake for another 10-15 minutes uncovered. The longer they bake, the more tender the peppers will become. Let cool slightly before serving with desired toppings (see options above). Best when fresh, though leftovers keep in the refrigerator for 2-3 days. Reheat in the microwave or in a 350-degree oven until warmed through.

#### Creamy Avocado Cilantro-Lime Dressing

##### Ingredients:

1 large avocado  
1 handful of cilantro (about 1/2 cup)  
1/4 cup of olive oil  
2-4 Tbsp. of water (thin to taste)  
Lime juice from 1 whole lime  
1 large garlic clove  
1 tsp. of salt

In a blender or food processor combine ingredients for dressing until smooth. Store in fridge for 5-7 days.