

Cheesy Pork Stuffed Bell Peppers

Ingredients

- 4 large bell peppers
- ½ pound fresh pork sausage
- 2 cups cooked brown rice
- 1 cup canned corn (drained)
- 1 cup black beans (drained & rinsed)
- 1 cup salsa
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp black pepper
- 1 cup mozzarella cheese (shredded)
- ½ cup cilantro (chopped)

Directions

1. Preheat oven to 375°F. Spray a baking sheet with non-stick cooking spray.
2. Cut bell peppers in half and remove core, membrane and seeds. Place on prepared baking sheet and set aside.
3. In a large skillet, brown sausage until the internal temperature reaches 160°F when measured with a food thermometer. Drain fat and turn off heat.
4. Add cooked rice, corn, beans, salsa, spices and ½ cup of cheese. Stir well.
5. Evenly distribute meat mixture into the bell pepper halves. Top with the other ½ cup of cheese.
6. Bake for 30 minutes or until cheese is melted and peppers are hot and softened. Sprinkle with cilantro, if desired, and serve.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

