



Picadillo Stuffed Peppers

SERVINGS 3 ⌚ **PREP TIME** 40 min **COOK TIME** 3hrs 30 min

INGREDIENTS

- 3 red bell peppers (with flat bottoms)
- 1 cup left-over cooked **La Fe brown rice**
- 2 cups leftover picadillo
- 1/3 cup water
- 1/3 cup reduced fat shredded cheddar cheese

DIRECTIONS

1. Cut 1/2 inch of the tops of the bell peppers and dice fine.
2. In a medium bowl combine cooked La Fe brown rice, picadillo and diced pepper tops. Stuff the peppers with the picadillo and rice filling and place upright.
3. Pour the water into the bottom of the pot, cover and cook 3 hours on HIGH -or- 4 to 6 hours on LOW.
4. Just before serving, top each pepper with 2 tbsp shredded cheese, cover and leave until it melts, 2-3 minutes.
5. Oven directions: Preheat oven to 350°. Place peppers in an oven-proof dish, pour about 1/3 cup water in the bottom of the dish, cover and bake 50 minutes, or until the peppers become soft.
6. Remove foil, top each cheese and bake uncovered 5 minutes.