Kidney Bean Rice Stuffed Peppers

Eight filled pepper halves; two halves per person · Active 35 min · Total 1 hr 30 min

Skills: Coordinating fresh rice and a thick filling with a two-stage pepper bake

Ingredients

- 4 large bell peppers, any color (about 800 g whole; about 650 g after trimming), halved lengthways and seeded
- 1 tablespoon olive or neutral oil (15 ml)
- 3/4 cup long-grain white rice (150 g), rinsed
- 1 1/3 cups plus 1 tablespoon water for rice (330 ml), or packet-specified amount
- 1 small onion, finely chopped (100 g)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice
- 1 can cooked kidney beans, 15 oz/425 g net, drained and rinsed (240 g drained)
- 1 teaspoon dried oregano (1 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 1/2 cup water for the baking dishes (120 ml), divided equally

Set out

Two 9 by 13-inch/23 by 33 cm baking dishes, Saucepan with lid, Skillet, Foil, Measuring jug, Food thermometer

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C. Arrange 4 pepper halves cut-side up in each dish. Use 1 teaspoon of the oil to brush their surfaces lightly. Add 60 ml baking-dish water around each set. Cover with foil and bake for 20 minutes, rotating dish positions halfway, until beginning to soften.

2. Meanwhile put rice, 330 ml rice water and half the salt in the saucepan. Bring to a boil, cover and simmer on low for 15 minutes or the packet time. Stand covered off heat for 5 minutes. It must be tender; follow its packet if more water or time is needed.

3. Heat the remaining oil in the skillet. Cook onion for 7–8 minutes, add tomatoes with juice, oregano, pepper and remaining salt and simmer uncovered for 10–12 minutes until thick. Stir in drained beans, then fold in freshly cooked hot rice.

4. Remove foil from the peppers away from your face. Share the entire hot filling among 8 halves, mounding slightly. Cover loosely and bake for 15 minutes, then uncover for 5–10 minutes more, rotating pans if needed, until peppers are tender and filling centers reach 165°F/74°C. Add a spoonful of water around the peppers only if a dish is completely drying.

5. Rest for 5 minutes. Serve 2 filled halves per person. For leftovers, divide into shallow portions and cool quickly rather than leaving rice-filled peppers in the warm baking dishes.

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Two dishes are intentional

Each pan holds four large halves without stacking. If the oven only takes one pan, cook in separate batches and allow extra time, keeping the waiting filling safely hot or chilled rather than lukewarm.

Ingredient labels

No major allergen ingredient is deliberately included in this base. Check the actual canned foods, rice and dried-herb labels for added ingredients and cross-contact information; this is not an allergen-free guarantee.

A useful detail

The rice and tomato filling cook while the pepper shells soften. The 90-minute total allows preparation, both oven stages and a short rest; using one crowded pan instead changes the cooking conditions.

Keep it well

Cool leftover rice-filled peppers quickly, ideally within 1 hour, in shallow portions and refrigerate at 40°F/4°C or below. Use within 24 hours of cooking the rice. Reheat a portion only once to 165°F/74°C throughout. Freeze promptly cooled portions within that safe window for up to 1 month; thaw in the refrigerator and reheat once. Do not reset the rice clock after baking.