

Vegetarian Stuffed Tamale Peppers



Gluten free appetizer. Deep delicious flavors! Very satisfying without being too heavy!

Serving Size : 4

Preparation Time :0:30

4 large bell peppers -- red or green
1 tablespoon oil
1/2 cup onion chopped
1 medium garlic clove minced
1 tablespoon chili powder
1/2 teaspoon ground cumin
28 ounces tomatoes canned
1/2 cup cornmeal
1/2 teaspoon salt
1 cup black beans canned
1 cup corn
1 cup cheddar cheese -- grated

Slice tops off peppers, remove seeds and tough inner ribs and blanch in boiling water for 5 minutes. Drain and set aside to cool. Note in the photo of this recipe I used the smaller sweet peppers available in bags at Costco or some better markets! They are the perfect appetizer size.

*Heat oil in a medium saucepan over medium heat, add chopped onion and garlic until softened, about 3 to 5 minutes. Add chili powder and cumin and cook for another minute. Drain tomatoes, discarding juice, add along with cornmeal and salt. Cook stirring occasionally, until mixture is thick, about 10 minutes.

*Preheat Oven to 350 degrees. Drain and rinse beans. Add beans, corn and 1/2 cup of cheese to mixture. Spoon cornmeal mixture into peppers and top with the remaining cheese. Place on parchment lined baking sheet and into preheated oven. Bake for 25 minutes until cheese melts and bubbles. If the cheese is not bubbling you can always brown for one, or two minutes. Be careful and keep watch so as not to burn.

*Remove from oven once done and place on a platter to serve