



Makes 4 stuffed poblanos
Preparation Time: 30 minutes
Cook Time: 1 hours

INGREDIENTS:

4 5-oz. fresh poblano peppers
(see tip, recipe intro)

2 15-oz. cans no-salt-added
black beans, rinsed and drained
(3 cups)

2 cups cooked brown rice

1½ cups finely chopped zucchini

1 8-oz. can no-salt-added tomato
sauce

½ cup chopped tomato

2 to 3 teaspoons finely chopped
canned chipotle pepper in adobo
sauce

1 teaspoon garlic powder

½ teaspoon sea salt

1 cup purchased pico de gallo

1 medium avocado, peeled and
chopped

¼ cup chopped scallion and/or
fresh cilantro

Lime wedges (optional)

Chipotle Black Bean and Rice Stuffed Poblanos

These hearty stuffed peppers deliver a two-chile punch from roasted poblanos and chipotles in adobo sauce. Filled with a saucy mix of cooked brown rice, **black beans**, **zucchini**, and tomato sauce, the melt-in-your-mouth peppers are delicious topped with fresh pico de gallo, creamy avocado, and scallions or cilantro. Serve with lime wedges for a zesty finish.

Tips

Wear gloves: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

For more inspiration, check out these tasty ideas:

- [Vegan Stuffed Peppers with Lentils and Herbed Rice](#)
- [Stuffed Poblano Chiles](#)
- [Chickpea and Potato–Stuffed Poblano Peppers](#)
- [Creamy Poblano and Corn Tacos \(Tacos de Rajas con Crema\)](#)

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- 1 Preheat oven to 425°F. Line a baking sheet with foil. Arrange poblanos on prepared baking sheet. Roast 20 to 25 minutes or until charred, turning once. Transfer peppers to a bowl and cover with the foil; let stand 15 minutes or until cool. Using the tip of a sharp knife, gently pull off the skin in strips and discard. Cut a slit, lengthwise, down one side of each pepper; remove and discard seeds. Transfer peppers, slit sides up, to a baking dish. Reduce oven temperature to 400°F.
- 2 In a large bowl stir together the next eight ingredients (through salt). Spoon black bean mixture into poblano peppers, filling them heaping full.
- 3 Bake 30 minutes or until filling is heated through and zucchini is crisp-tender. Serve stuffed peppers topped with pico de gallo, avocado, and scallion. If you like, serve with lime wedges.