

# Southwest Stuffed Poblano Peppers

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5 from 3 votes

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 10 mins   | 30 mins   | 40 mins    |

Easy, baked Southwest Stuffed Poblano Peppers with ground beef (or turkey!) and rice are packed with bold, savory flavors and topped with cheese to make the BEST healthy stuffed peppers you'll ever taste!

Course: Main Course

Cuisine: Mexican

Keyword: fried rice, ground beef, healthy, stuffed peppers

Servings: 8 stuffed peppers

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## Ingredients

- 4 poblano peppers halved and seeds/membranes removed
- 1 pound lean ground beef OR chorizo see note 2
- 1 teaspoon each ground cumin, chili powder, garlic powder
- 1 cup cooked long grain white rice see note 1
- 1/2 cup canned black beans, drained
- 1/2 cup frozen or canned corn (drained)
- 1 15-ounce can diced tomatoes, drained
- 1 4-ounce can diced green chiles
- 1/2-1 cup grated mozzarella OR Mexican-blend cheese

## Instructions

1. Preheat oven to 350 degrees and lightly grease a [large baking sheet](#). Arrange halved poblano peppers in a single layer on the baking sheet so that they aren't overlapping. Bake for 10-15 minutes while you move on to the next step.
2. Add ground beef (or preferred meat choice, see Note 2) and rice to a [large skillet](#), and season with the cumin, chili powder, and garlic powder. Saute over medium heat for 5-8 minutes until meat is browned and cooked through.
3. Stir in the black beans, corn, diced tomatoes, and green chiles. Cook another 1-2 minutes. Spoon mixture into the peppers, sprinkle with cheese, and return to oven for another 10 minutes or so until peppers are tender and cheese is melted. Allow to cool slightly before serving.

## Recipe Notes

1. Ready rice works great!
2. Ground beef, chorizo, ground chicken, ground turkey, or ground spicy Italian sausage all work well in this recipe! My personal favorite is the spicy Italian sausage or chorizo.
3. Substitutions for the poblano peppers: bell peppers, hatch chiles.