

Baked Stuffed Peppers with Pinto Beans



FOODSERVICE

SERVING SIZE: 8



Ingredients

- 8 units Bell Peppers
- 2 tablespoons Olive Oil
- 1 cup Onion, Finely Diced
- 3 cups **Furmano's Diced Tomatoes with Juice**
- 2 tablespoons **Furmano's Tomato Paste**
- 2 tablespoons Grade B Maple Syrup
- 2 tablespoons Red Wine Vinegar
- 1 teaspoon Salt
- 1/2 teaspoon Cayenne Pepper
- 3 cups **Furmano's Pinto Beans**, Drained & Rinsed
- 1 cup **Furmano's Whole Kernel Golden Sweet Corn**, Drained
- 1 tablespoon Olive Oil
- 2/3 cup Panko Bread Crumbs
- 1/4 cup Parmigiano-Reggiano, Grated

In This Recipe



Pinto Beans - 15.5 oz.



Whole Kernel Golden Sweet Corn



Pouch Pinto Beans



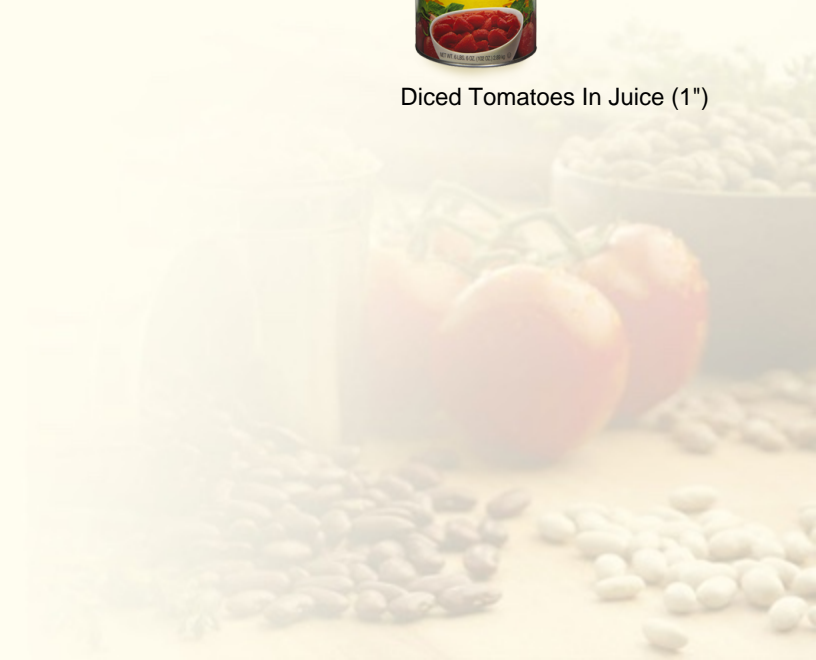
Pinto Beans



Tomato Paste



Diced Tomatoes In Juice (1")



Preparation

1. Heat Oven to 375F. Prepare the peppers. Use a small knife to cut a wide circle around each bell pepper stem (like when carving a jack-o'-lantern) to remove the tops.
2. Season the inside of each pepper generously with salt and pepper. Place the peppers in 9x13-inch baking dish, wedging them together as needed to fit in one layer; set aside.
3. In a large skillet over medium heat add Olive Oil and Onion. Cook stirring often, until it begins to soften, about 3 minutes. Add Cayenne and Salt.
4. Add Tomatoes and Tomato Paste and cook, stirring often, until Tomatoes have cooked down slightly, about 5 minutes. Add Maple Syrup and Vinegar, bring to a simmer.
5. Simmer 8-10 minutes, until thick and fragrant. Taste and adjust seasoning. Stir in Pinto Beans and Corn and simmer another 5 minutes.
6. Fill Peppers with Bean Mixture.
7. Mix together Panko, Parmigiano-Reggiano and remaining Olive Oil and sprinkle over filling.
8. Place in pan and cover with foil for thirty minutes.
9. Uncover and return to oven for 5 to 10 minutes, or until breadcrumbs and cheese are lightly browned.

