

Caribbean Stuffed Pepper Recipe



Yield: 8 servings

Ingredients

8 bell peppers
3 cups of cooked brown rice
1 ear of sweet corn, kernels removed
1 15-ounce can of light coconut milk
1 15-ounce can of low-sodium black beans, drained & rinsed
Juice of one lime
2 teaspoons anise seeds
1 bunch cilantro, chopped
Salt and pepper to taste
2 cups of Red Chili Sauce

Instructions for Adults

- Assist kids with knife skills and safety over the hot stove.
- Preheat oven to 400 degrees.

Instructions for Kids

- Cut the tops off the bell peppers and remove seeds.
- Place on a baking sheet and bake in preheated oven for 20 minutes or until roasted and fork-tender.
- While peppers are roasting, stir together the rice, corn, coconut milk, beans, lime juice, anise seed and cilantro in a large bowl.
- When the bell peppers are done, fill with the rice mixture and cover each with 1/4 cup Red Chili Sauce.
- Serve and eat!

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Red Chili Sauce Recipe

Yield: 8 1/4-cup servings



Ingredients

3 Tablespoons olive oil
2 Tablespoons whole wheat flour
1/2 cup red chili powder
2 cups water
1 Tablespoon salt
1/4 teaspoon cumin

Instructions for Adults

Assist with supervision of safety over the hot stove.

Instructions for Kids

- Carefully heat olive oil over medium heat, then add flour and whisk constantly for about four minutes.
- Keep whisking, and slowly add water and red chili powder and bring to a simmer.
- Reduce heat to low and continue to whisk until your desired thickness.
- Add salt and cumin. Whisk to combine.

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