Rice and Beans Stuffed Bell Peppers

**Ingredients**

3 large bell peppers, halved lengthwise and deseeded
1 tbsp olive oil
1 onion, chopped
1/2 cup diced celery
1 garlic clove, minced
1 15-ounce can black beans, rinsed and drained
1 14.5-ounce can diced tomatoes
1 cup cooked brown rice
2 tsp chili powder
1 tsp dried oregano
1 tsp cumin (optional)
Salt to taste
3/4 cup shredded cheese of choice (optional)

**Directions**

1. Preheat oven to 350°F.
3. Add all the seasonings and the can of tomatoes. Simmer for 3-5 minutes.
4. Stir in the rice and beans, until all the ingredients are mixed together. Season with salt and pepper.
5. Stuff peppers and put into a lightly oil coated baking dish. Pour enough water into a baking dish to just cover the bottom. Cover with foil and bake for 40 minutes.
6. Sprinkle the cheese on the peppers and continue baking until the cheese is melted, about 10 minutes.

**Servings:** 4-6  
**Total Time:** 70 minutes