

Southwestern Stuffed Peppers




Mike Bacha, Executive Chef, Emory University Hospital

Serving size: 1 whole pepper (2 halves)

Ingredients for: 50 Servings

Measurement

Ingredients

4 ½ quarts	Rice, cooked
3 quarts	Black Beans, canned or cooked
1 ½ quarts	Corn, whole kernel
2 1/3 cups	Green onion, sliced
1 ½ quarts	Tomato, fresh, diced
¾ cups	Cilantro, chopped
¼ cup	Cumin, ground
¾ cups	Lime zest
2 tablespoons	Salt
2 tablespoons	Tabasco sauce
3 ¼ cups	Cheddar cheese, shredded 
50	Bell peppers
1 ½ cup	Olive oil
Optional	Salsa
Optional	Sour cream

Sustainable Purchasing Notes



Local / Sustainable

- Prefer food or beverages produced (grown/raised) and processed on farms, ranches, and production/processing facilities located within a 200-mile radius of your facility.
- Prefer products that are Certified USDA Organic, Food Alliance Certified **or** buy direct from farmers whose practices do not include the use of synthetic pesticides and herbicides.



Dairy

- Prefer products labeled “rBGH-free”, “rBST-free”, or something to this effect when purchase of third-party certified products is not feasible.
- Prefer products that are Certified USDA Organic, Certified Humane Raised &Handled, Animal Welfare Approved, Food Alliance Certified **or** American Grassfed® certified when feasible.

Cooking Instructions:

- Combine first 11 ingredients (rice through cheese) in a large bowl and mix thoroughly
- Cut tops from bell peppers and reserve. Carefully remove seeds and discard.
- Rub peppers inside and out with olive oil
- Fill each pepper with stuffing
- Place reserved pepper tops on each pepper
- Bake in a 350°F oven for 25 minutes
- Serve with sour cream and salsa (optional)

Seasonality Note:

This recipe is best prepared in the summer months to make use of the freshest seasonal produce.

Nutritional Analysis* Per Serving

Calories	228kcal
Total Fat	5g
Saturated Fat	2g
Trans Fat	0g
Carbohydrates	37g
Cholesterol	7mg
Protein	10g
Fiber	8g
Phosphorus	184mg
Sodium	647mg
Potassium	558mg

**Nutritional calculations conducted by Emory University Hospital using CBORD software. Calculations do not include optional ingredients. Reviewed by the Registered Dietitians of the Sustainable Foods in Health Care Task Force.*

Hospital Description:

Emory University Hospital is a teaching hospital located in Atlanta, Georgia. Staffed exclusively by Emory University School of Medicine faculty, the hospital is renowned as one of the nation's leaders in cardiology and cardiac surgery, oncology, transplantation and the neurosciences. The Food & Nutrition Services department is committed to working towards sourcing and serving more local, regional and sustainable foods and is making great strides in expanding their sustainable food offerings.