



CROCK POT

BLACK BEAN STUFFED PEPPERS

- 1 Tbsp vegetable oil
- 1 medium onion, diced
- 1 tsp **TSG Peppery Herb Rub**
- 1 15-oz can black beans, rinsed and drained
- 4 green bell peppers, seeded and cored
- 1 cup cheddar cheese, grated
- 1 jar **TSG Black Bean & Corn Salsa**

1. Heat oil in a skillet; sauté onions until golden. Season with Peppery Herb Rub.
2. In a Medium mixing bowl, mash the black beans with sautéed onions. Stir in the Salsa. Place the peppers in the crock pot and spoon the black bean mixture into the peppers. Sprinkle the cheese over the tops of stuffed peppers.
3. Cover; cook on Low for 6 to 8 hours or on High for 3 to 4 hours. Serve each pepper with a dollop of sour cream if desired.