

## **Bean and Cheese-stuffed Poblano Peppers with Mango Black Bean Sauce - Anthony Salemme**

*By Chef Anthony Salemme for RINewsToday.com*

**Serves 4**

**These stuffed Mexican style peppers are a simple meal to make. You can use frozen rice and corn to make it come together quicker.**

4 Poblano peppers  
¼ cup olive oil  
1 medium red onion, chopped, about 1/3 cup  
1 15-ounce can black beans, drained  
1 5-ounce bag spinach, cooked and chopped  
1 cup cooked corn  
1 cup cooked brown rice  
2 cups shredded cheddar cheese  
1 teaspoon cumin  
1 teaspoon smoked paprika  
1 teaspoon oregano  
¼ cup cilantro, chopped fine  
½ cup salsa or tomato sauce  
1 clove garlic, minced  
2 tablespoons lime juice

Pre-heat oven to 425F. Rub peppers with some of the olive oil and roast for 15 minutes until softened.

Let cool, then make an incision lengthways to open up the pepper, carefully remove seeds.

With remaining olive oil, sauté the onion, garlic, cumin, oregano and smoked paprika for 5-7 minutes, until onion is soft.

Stir in the tomato sauce, beans, rice, corn, and spinach.

Lastly add the lime juice, cilantro and 1 cup of cheddar.

Divide mixture into the peppers. Top with remaining cheddar cheese.

Bake at 425 for 25 minutes.

### **Mango Black Bean Sauce**

1 ripe mango, peeled and chopped

1 15-ounce can black beans  
1 tablespoon olive oil  
½ cup red onion, chopped  
1 jalapeño, chopped  
1 clove garlic, minced  
1 ½ teaspoons cumin  
1/3 cup lime juice  
3 Tablespoons honey  
½ cup Greek yogurt, mixed with 1 tablespoon lime juice (for drizzle)

In a saucepan, add olive oil.

Heat the add mango, jalapeño, onion and garlic, sauté for 5 -7 minutes until soft.

Add the black beans, ¼ cup water, honey, lime juice, and bring to a simmer for 5 minutes.

With an immersion blender, puree the mango and beans into a sauce.

Add a bit of salt and pepper to taste.

For the drizzle, pour dots of the yogurt and swirl with fork or spoon handle.