

## Veggie Chili Rellano

Pablano peppers,

Red green ,yellow bell peppers,

Zuchini squash, Summer squash,

Rice,

Diced tomato,

Sour cream and cheese,

Sunflower seeds,

Almonds, Salt, Pepper, Cummin, Basil, Parsley

### Method

1. Char and peel peppers, set aside

#### **Filling:**

a) Cook White rice or brown rice

b) Finely dice all vegetables

c) Mix rice with diced vegetables, season to taste (just a dash of salt may be all you want as the vegetables have wonderful natural flavor) add ½ cup diced tomato (Do not drain diced tomato).

2. Stuff peppers with mixture

3. Place peppers in casserole dish, pour 1 cup of tomato sauce or diced tomato over peppers.

4. Cover with dabs of sour cream and queso cheese

5. Bake @ 350 degrees for 45 minutes