Mexican Stuffed Peppers

Makes 4 servings

From Simply in Season; A World Community Cookbook

4 green, yellow, orange, red, or purple sweet peppers

* Cut ½ inch off top of peppers and discard seeds. Steam whole peppers in 1 inch boiling water until tender, about 5-8 minutes. Remove peppers from water and set aside.

1/3 c. onion, chopped

2 cloves garlic, minced

* In large skillet, sauté onion and garlic in 1 Tbsp. oil

2 c. tomatoes, chopped

1 jalapeno pepper, minced after seeds removed

2 Tbsp. fresh parsley, chopped

1 Tbsp fresh oregano, chopped; or 1 tsp dried

1 tsp ground cumin

½ tsp. salt

1 bay leaf

* Add to onion & garlic, cook 5 minutes.

2 c. corn, cut off the cob

1 ½ c. cooked black beans

* Add to mixture and simmer 10 minutes. Place peppers in oven-proof dish so that they stand upright, cut ends facing upward. Stuff peppers with vegetable mixture. Any extra filling can be placed in dish next to peppers.

¼ c. Parmesan cheese

\* Sprinkle on top. Bake at 350 degrees F. to heat through, ~20 minutes.