

1 green pepper or color of your choice.
1 cup of steamed Basmati rice.
1 small jar of whole, peeled tomatoes.
2 tablespoons of Max's chunky chipotle sauce.
1 cup of grated cheddar cheese, your choice, loosely packed and not processed. I use Organic Valley Raw Sharp Cheddar from Whole Foods.

Cut the "lid" off the pepper, remove the seed pod, any loose seeds, and trim out the 4 large ridges.

Insert a heaped tablespoon of steamed rice, then a layer of delicious, chunky, smoky, Max's Organic Chipotle Sauce and finally a layer of cheese. Repeat until the pepper is full to the brim. Place the pepper lid back on and stand it upright in a glass or porcelain dish designed for oven use. I do not use any type of non stick cookware and do not recommend it. Bake at 350 degrees for 25 to 30 minutes.

In a saucepan, combine the jar of organic peeled tomatoes with 2 heaped tablespoons of Max's Organic Chipotle Sauce and heat gently, being careful not to burn. Simmer for 15 minutes, turn off the heat and cover to let the flavors mature.

Place a thick layer of sauce on a plate, remove the stuffed pepper from the oven using tongs, and gently place it on the bed of chipotle sauce. Take off the pepper lid, lean it against the side and serve.

CAUTION: the contents are very hot, so slice the pepper open from top to bottom to let everything cool off and ENJOY!

If you're making this delicious, heart healthy, salt and processed sugar free meal for more than one person, use a pepper per person for adults, and you be the judge for your kids.

