



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SHREDDED CHICKEN & RICE STUFFED PEPPERS (HALLOWEEN STYLE)

SLOW COOKER CHICKEN:

- 2 chicken breasts
- 1 teaspoon cumin
- 1 teaspoon garlic salt
- 1 teaspoon chili powder
- ½ teaspoon black pepper
- 1 can diced tomatoes with green chiles

STUFFED PEPPERS:

- 4 bell peppers, your choice of color
- 2 cups Mexican rice
- ½ Shredded chicken from Slow Cooker
- 1 cup shredded cheddar cheese
- 1 can black beans, drained and rinsed

1. Add chicken to the bottom of the slow cooker, sprinkle seasonings on top and then cover with diced tomatoes.
2. Cook on low for 6-8 hours or high for 4-6 hours. Shred chicken and allow it to remain in sauce.
3. **STUFFED PEPPERS:** Bring a large pot of water to a boil. While you are waiting to water to boil, rinse peppers, slice off the tops and hollow out the insides, be sure to remove any seeds and the white part. If desired, use a small paring knife to cut out jack-o-lantern face.
4. When water is boiling, put the peppers and tops in and allow to cook for about 5 minutes until peppers are tender. Remove from water and set aside to cool.
5. Mix the cooked rice, shredded chicken, shredded cheese, and black beans together in a large bowl.
6. Fill each pepper with the chicken and rice mixture and top with extra cheese. Replace pepper top back on top.
7. Bake at 350 degrees F for 30 minutes until cheese is melted and pepper is done to desired tenderness.