



## Cajun Stuffed Peppers

Everyone at one point in their life has tried a stuffed pepper. They're too popular to avoid, but what happens when you want to try something new? Thanks to the extra kick in Cajun spice, there's a way to enjoy both the classic dish and a different taste. A common recipe like one for slow cooked stuffed peppers is just waiting to become Cajun Seasoned Stuffed Peppers.

### Slow Cooked Stuffed Peppers

4 medium sweet red peppers

1 can (15 ounces) black beans, rinsed and drained

1 cup shredded pepper jack cheese

3/4 cup salsa

1 small onion, chopped

1/2 cup frozen corn

1/3 cup uncooked converted long grain rice

1-1/4 teaspoons chili powder

1/2 teaspoon ground cumin

Reduced-fat sour cream, optional

This recipe comes, as recipes usually do, from older traditions. Stuffed pepper recipes exist across the world, but the ones made here have a style that is unique to the United States with ground beef, rice, cheese, and spices among the ingredients. Additional elements such as vegetables or cream come from personal preferences but still follow the process of cooking within a large pepper as perfected since the 1890's. Beyond that, like a regular bell pepper becoming Cajun Stuffed Peppers, the recipe continues to change.

Stuffed peppers can be one of the simpler party dishes based on the recipes which means it can always be improved or made more elaborate. Ingredients can be switched out for dietary needs or just a little extra spice. The addition of Cajun spice, however, provides a new opportunity for an old recipe.

In a common dish, Cajun seasoning can either be added in place of something or as an ingredient on its own. Using the previous slow cooked recipe, a chef could easily substitute chili



## **Slap Ya Mama**

Slap Ya Mama Cajun Products

<http://slapyamama.com>

---

powder or cumin for a new spice. This not only keeps the hot element of the food but adds a new taste to it as well. Some people find that the flavor can even be preferable as the seasoning gives a sense of vibrancy to an otherwise ordinary recipe. Some even goes as far as to make Cajun stuffed peppers with the seasoning and hot sauce as their own flavors rather than substitutes. There is certainly something about the Cajun taste that always sticks out no matter where it goes.

If you're looking to change up an old recipe or start a new one, purchase some good Slap Ya Mama Cajun Seasoning for your own stuffed peppers today!