

K-12 BROCCOLI CHEDDAR RICE BOATS

Colorful pepper halves loaded with a cheesy broccoli and brown rice filling, baked until golden and tender. A fun, handheld meal that's as easy to eat as it is to make.



Ingredients:

- 2 cups Gordon Choice Cooked Brown Rice
 - 1½ cups Brickman's Creamy Broccoli Soup
 - 1 cup frozen broccoli
 - ⅓ cup chickpeas
 - 1¼ cups shredded cheddar cheese, plus extra to sprinkle
 - 1¼ tsp Smoky Carne Asada spice
 - 1¼ tsp garlic powder
 - 1 Tbsp minced onion
 - 2 peppers of your choice, halved and deseeded
- Optional toppings: grilled chicken or breaded buffalo chicken

Assembly Instructions:

1. Preheat oven to 350°F.
2. Wash, halve, and deseed peppers. Set aside.
3. In a large bowl, combine brown rice, broccoli soup, frozen broccoli, chickpeas, shredded cheddar cheese, and all spices. Mix thoroughly until fully incorporated.
4. Spoon the mixture evenly into each pepper half.
5. Sprinkle additional shredded cheddar cheese over the top of each boat.
6. Transfer filled peppers to a sheet pan and bake at 350°F until peppers are tender and the internal temperature is reached.
7. If desired, place grilled chicken or breaded buffalo chicken directly on top before serving.
8. Serve hot.

Product	Description	Code #	Pack Size
 Gordon Choice® Cooked Brown Rice	This brown rice delivers restaurant-quality texture and flavor with minimal effort. Made with just water, long-grain brown rice, and a touch of canola oil; it's a blank canvas for your culinary creativity.  	452446	2/4 lb.
 Brickman's® Creamy Broccoli Soup	Broccoli blended into a smooth, creamy base to deliver classic, satisfying warmth in every spoonful. 	580151	2/8 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

