

Quinoa Stuffed Bell Peppers



- 1 cup quinoa
- 2 cups chicken stock **to make this vegan/vegetarian use vegetable stock*
- 3 large red bell peppers, cut in half, seeds and stem removed
- 1/2 large yellow onion, diced small
- 2 large cloves of garlic, minced apx 1 tb
- 1 15oz can spicy black beans, drained and rinsed
- 1/2 tsp ground cumin
- 1 cup of your favorite tomato salsa (I used a smooth salsa, not chunky)

1. Bring quinoa and stock to a boil, reduce to a simmer and cover. Cook for 20-22 mins over low flame. When quinoa is done. Leave covered until ready to use.
2. Preheat oven to 400 degrees.
3. In large sauté pan, heat and add 1 TB of extra virgin olive oil.
4. Add diced onions and a pinch of kosher salt.
5. Cook onions over medium heat until translucent.
6. Once onions are translucent add garlic and black beans. Cook for another 2-3 minutes.
7. Season onion and bean mixture with kosher salt and 1/2 tsp ground cumin.
8. Turn flame to medium high and add salsa. Cook mixture until almost dry. There should be almost no liquid in the pan.
9. Add the cooked and cooled quinoa.
10. Season bell pepper halves with salt and black pepper. Lightly drizzle with olive oil.
11. Lay peppers in 13x9 glass baking dish.
12. Fill each pepper half with quinoa mixture, make sure to use all of the quinoa mixture.
13. Add 1/2 of chicken stock to the bottom of the pan, Bake at 400 degrees for 20-25 minutes or until bell peppers are fork tender.
14. Sprinkle with fresh cilantro and serve warm with sliced avocado and a lime wedge.

Enjoy!

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