

Quinoa Stuffed Peppers

Prep: 10 min Cook: 35 min Total: 45 min Servings: 4

Calories: 620 Fat: 22g Protein: 28g Carbs: 84g Fiber: 18g

Ingredients

- 1 cup BBF Organic Quinoa
- 4 large red, yellow, or orange bell peppers, halved with seeds removed
- 2 Tbsp BBF Avocado Oil
- 1 white onion, diced
- 1 jalapeno, chopped
- 1 14.5 oz can fire roasted tomatoes
- 2 cloves garlic, minced
- 2 tsp cumin powder
- 1 1/2 tsp chili powder
- 1 tsp paprika
- 1/2 tsp garlic powder
- 2 tsp salt
- 1 1/4 cups water
- 1 14.5 oz can black bean, rinsed and drained
- 1 cup frozen corn
- 1 cup low moisture mozzarella
- cilantro for garnish

Directions

1. Preheat the oven to 400 degreesF.
2. Heat the avocado oil in a large saute pan over medium heat. Add the diced onion and saute until softened and lightly golden.
3. Stir in the jalapeno, garlic, cumin, paprika, chili powder, garlic powder, salt, and quinoa. Toast for 45-60 seconds, stirring frequently.
4. Add the corn, black beans, fire-roasted tomatoes, and water. Cover with a lid and simmer until the quinoa is fully cooked, about 15-20 minutes.
5. While the quinoa cooks, halve the bell peppers and remove the seeds and ribs. Lightly brush with oil and place in a 913 roasting pan. Roast until just tender, about the same time the quinoa finishes cooking.
6. Once the quinoa is done, remove the partially roasted peppers from the oven and stuff each with 1/2-3/4 cup of the quinoa mixture.

7. Top each pepper with a handful of cheese and broil until the cheese is melted and golden brown.
8. Garnish with cilantro and serve.
9. Enjoy your Quinoa Stuffed Peppers!