

Black Bean Quinoa Stuffed Peppers

Web Recipe · Dinner · GF

355 cal · 21g protein · 50g carbs · 8g fat · 6 servings

Ingredients

- 6 large bell peppers tops cut off and seeded
 - 1 can (15 oz) black beans drained and rinsed
 - 1 cup dry quinoa cooked
 - 1 can (14 oz) fire-roasted diced tomatoes
 - 1 cup frozen corn kernels thawed
 - 1/2 cup nutritional yeast
 - 1 tsp cumin
 - 1 tsp chili powder
 - 1/2 tsp smoked paprika
 - 1/4 cup salsa verde
 - 1/2 avocado sliced
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Instructions

1. Preheat oven to 375°F (190°C). Cut tops off bell peppers and remove seeds.
 2. Cook quinoa according to package directions.
 3. In a large bowl, mix cooked quinoa, black beans, fire-roasted tomatoes, corn, nutritional yeast, cumin, chili powder, and smoked paprika.
 4. Stuff each pepper with the quinoa-bean mixture, packing firmly.
 5. Place upright in a baking dish with 1/4 inch water in the bottom. Cover with foil.
 6. Bake 35 minutes covered, then uncover and bake 10 more minutes.
 7. Top with salsa verde and sliced avocado before serving.
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