

YIELD: 2 SERVINGS (4 PEPPER HALVES)

Stuffed Peppers for Two

Southwestern stuffed peppers for two: full of corn, quinoa, and black beans and tons of spice.

PREP TIME

35 minutes

COOK TIME

35 minutes

TOTAL TIME

1 hour 10 minutes

Ingredients

- 1/4 cup uncooked quinoa, rinsed and drained
- 1 cup chicken broth (or water)
- 2 large bell peppers (any color)
- 1 tablespoon olive oil
- 1/2 cup sweet corn kernels
- 1/2 small white onion, finely chopped
- 1 garlic clove, minced
- 1/2 pound lean ground turkey
- 2 teaspoons chili powder
- 3/4 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1/2 can of black beans, rinsed and drained*
- 8 ounce can tomato sauce
- 1/2 cup grated sharp cheddar cheese
- fresh cilantro, for garnish

Instructions

1. First, make the quinoa: combine the quinoa and chicken broth (or water) in a small saucepan, and bring to a boil. Lower the heat to a simmer, cover and cook for 14-15 minutes, or until all of the liquid has been absorbed. Let the quinoa rest, covered, for 5 minutes, and then fluff with a fork. Set aside.
2. Meanwhile, slice the bell peppers in half lengthwise and remove the seeds and white membranes. Arrange the pepper halves in a baking dish.



3. Preheat the oven to 375.
4. Heat the olive oil in a large skillet over medium heat. When the oil is hot, add the corn, onion, and garlic, and cook for 5 minutes, while stirring occasionally.
5. Add the ground turkey, and cook for about 6 minutes, stirring and breaking up the meat with a spatula until it is no longer pink.
6. Stir in the chili powder, oregano, cumin, salt and cayenne and cook for 1 minute.
7. Next, add the beans, tomato sauce, and cooked quinoa and cook for 5 more minutes to combine.
8. Divide the filling between each of the bell pepper halves. Place the peppers in the baking dish, cover with foil. Bake for 30 minutes (or until the peppers are just tender).
9. Remove the foil from the peppers, add the shredded cheese on top, and bake for a few more minutes to melt the cheese.
10. Serve with cilantro.

Notes

*This recipe only uses 1/2 a can of beans because it has been scaled down. Save the beans by rinsing them, and placing them in a plastic bag to store flat in the freezer.

Nutrition Information: YIELD: 2 SERVING SIZE: 1

Amount Per Serving: CALORIES: 794 TOTAL FAT: 43g SATURATED FAT: 16g
TRANS FAT: 1g UNSATURATED FAT: 22g CHOLESTEROL: 177mg SODIUM: 2122mg
CARBOHYDRATES: 52g FIBER: 11g SUGAR: 12g PROTEIN: 57g



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