

**Stuffed Man Peppers**



**4 SERVINGS**

Nutrition Facts per Serving:

Calories: 160 Protein (g): 5

Fat (g): 6.5 Carbohydrate (g): 22

# Ingredients:

 **EPPERS**

1 cup quinoa, rinsed and drained

2 cups vegetable broth

4 large red bell peppers halved, seeds removed

1/2 cup salsa, plus more for serving

1 Tbsp nutritional yeast

2 tsp cumin powder

1 1/2 tsp chili powder

1 1/2 tsp garlic powder

1 15-ounce can black beans, drained

1 cup whole kernel corn, drained

**TOPPINGS *optional***

1 ripe avocado, sliced

Fresh lime juice

Hot sauce

Cilantro, chopped

Diced red onion

**Directions:**

1. Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.
2. Preheat oven to 375 degrees F and lightly grease a 9x13 baking dish or rimmed baking sheet. Brush halved peppers with olive oil.
3. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix, then generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
4. Bake for 20 minutes covered, then remove foil, increase heat to 400 degrees F, and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more. Serve with desired toppings or as is.