



# *Mexican Quinoa Stuffed Peppers*

## *ingredients*

- 4 Bell peppers
- 1 - 15 oz. can black beans
- 1 C Corn
- 2 Green onions
- 2/3 C Salsa
- 3/4 C Quinoa, dry
- 1 tsp Chili powder
- 2 Tbsp Nutritional yeast
- 1 tsp Paprika, smoked
- 1 1/2 tsp Cumin

## *instructions*

1. Cook quinoa according to package directions with 1 1/2 cups water/broth
2. Meanwhile, halve bell peppers and remove stems, seeds and ribs.
3. Rinse and drain black beans, thaw corn and slice green onions.
4. In a large mixing bowl, add quinoa and all other ingredients except bell peppers. Stir to combine, and adjust taste if necessary (salt, more seasonings, nutritional yeast).
5. Preheat oven to 350.
6. In a 9x13 baking dish place pepper halves, and generously stuff them with the quinoa filling. Press down to compact and fill all the crevices.
7. Cover with tin foil and bake for 35-40 minutes. Remove foil and bake 10 more minutes
8. Serve with desired toppings.