

Savory Stuffed Bell Peppers

A delicious main dish featuring flavorful stuffed bell peppers, perfect for a satisfying meal.



Main Dish

40 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 2 large bell peppers
- 1/2 cup cooked quinoa
- 1/4 cup black beans, drained and rinsed
- 1/4 cup corn kernels
- 1/4 cup diced tomatoes
- 1/4 cup shredded cheddar cheese
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the tops off the bell peppers and remove the seeds and membranes.
- 3 In a mixing bowl, combine quinoa, black beans, corn, tomatoes, cheese, cumin, paprika, salt, and pepper.
- 4 Stuff the bell peppers with the quinoa mixture.
- 5 Place the stuffed bell peppers in a baking dish and cover with foil.
- 6 Bake for 25–30 minutes until the peppers are tender.
- 7 Remove from the oven and serve hot.