

Stuffed Bell Peppers

Delicious and colorful bell peppers stuffed with a flavorful filling, baked to perfection.



Main Dish

45 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 bell pepper
- 1/4 cup cooked quinoa
- 1/4 cup black beans, drained and rinsed
- 2 tbsp corn
- 2 tbsp diced tomatoes
- 1/4 tsp cumin
- 1/4 tsp chili powder
- Salt and pepper to taste
- 1/4 cup shredded cheese
- Fresh cilantro for garnish

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the top off the bell pepper and remove the seeds and membranes.
- 3 In a bowl, mix quinoa, black beans, corn, diced tomatoes, cumin, chili powder, salt, and pepper.
- 4 Stuff the bell pepper with the quinoa mixture and place it in a baking dish.
- 5 Top with shredded cheese.
- 6 Cover the dish with foil and bake for 25-30 minutes.
- 7 Uncover and bake for an additional 5-10 minutes until the cheese is bubbly.
- 8 Garnish with fresh cilantro before serving.