

# Quinoa Stuffed Bell Peppers



Vibrant bell peppers filled with quinoa, black beans, and spices, baked to perfection for a nutritious and satisfying meal option. – makes about 4 servings –

## Ingredients:

- 4 large bell peppers (assorted colors)
- 1 cup quinoa
- 1 can black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and pepper to taste
- 1 cup vegetable broth low sodium
- 1 cup shredded cheese
- Fresh cilantro, for garnish

1. Preheat oven to 375°F. 2. Cook quinoa according to package instructions using vegetable broth for added flavor. 3. Cut the tops off bell peppers, remove seeds and membranes. 4. In a bowl, mix cooked quinoa, black beans, spices, salt, and pepper. 5. Stuff bell peppers with quinoa mixture and place in a baking dish. 6. Top each pepper with shredded cheese. 7. Cover with foil and bake for 25 minutes. 8. Remove foil and bake for an additional 10 minutes until cheese is bubbly. Garnish with fresh cilantro before serving.

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For more delightful recipes like this one, please refer to the cookbook mentioned below. Additionally, consider hiring Chef Linda for personalized menu creations tailored to your preferences. For more information, please follow the links provided.



[Recipe from: Beyond Keto Diet: Almost Keto Meal Planning Made Easy: A Step-By-Step Guide To Shedding Pounds](#)