

INGREDIENTS

- 1 cup Quinoa
- 1 cup water, 1 cup low sodium broth
- 6 red peppers
- 2 – 15 ounce cans diced tomatoes
- 10 ounces Frozen chopped spinach
- 2 large carrots, grated
- 1 Tbsp olive oil
- 2 clove garlic, minced
- 1 small onion, chopped
- 1 tsp Cumin
- 1 can of black beans, rinsed and drained
- 2 tsp Hot sauce
- ¼ cup low fat Cheddar cheese

INSTRUCTIONS

1. Sautee onion and garlic in oil 5 minutes. Add in beans and spinach, cumin, hot sauce, tomatoes and warm 2-3 minutes more.
2. In a separate pot, add quinoa, and carrots with water and broth. Cover and bring to a boil, then reduce heat and simmer for 15 minutes.
3. Add tomatoes and bean mix to quinoa. Fill peppers with mixture. Pour tomato liquid in baking pan. Cover in foil.
4. Bake at 350 degrees for 25 minutes. Remove foil, add cheese and bake for 5 more minutes.
5. Tip- Extra filling freezes well!



Quinoa Stuffed Peppers



6 servings



30 minutes

This is a great dish for keeping calories low and it is full of nutritious foods rich in fibre, vitamins and minerals. Give it a try and tell me what you think!



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