

Smokey Beans & Quinoa Stuffed Peppers

By Katie Mae, PlantzSt.com

Makes 4 peppers | Ready in 1 hour | Stores 5 days in fridge

INGREDIENTS

- ½ small onion, diced (3 oz)
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- ½–1 teaspoon smoked paprika or liquid smoke
- 1 cup uncooked quinoa (6 oz)
- 1 cup water
- 15 oz fire-roasted tomatoes, no salt added
- 2 cups cooked black beans (12 oz)
- 3 tablespoons nutritional yeast
- 5 cups baby spinach (2.5 oz)
- 4 large red, yellow, or orange bell peppers

ACTION STEPS

1. Cut tops off peppers and discard the seeds. Feel free to save the tops and roast them with the dish.
2. Add the onions, garlic, and spices to a medium sauce pan over medium-high heat. Dry-sauté for a few minutes, stirring occasionally.
3. Preheat the oven to 375°F. Line a baking dish or rimmed baking sheet with parchment paper.
4. Add the quinoa, water, and fire-roasted tomatoes and cover with a lid. Bring the water to a boil, and then reduce the heat to low. Simmer for 15 minutes, or until the liquid is absorbed and the quinoa is fluffy.
5. Transfer the quinoa to a large mixing bowl. Add the black beans, nutritional yeast, and spinach. Mix well.
6. Generously stuff the peppers with quinoa mixture until all peppers are full. Place the tops back on the peppers and then cover the dish with foil.

Recipe and photos online here >> <https://plantzst.com/smokey-beans-quinoa-stuffed-peppers/>

7. Bake for 30 minutes covered. Then remove the foil and increase heat to 400°F. Bake for 15 more minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake for an extra 5 to 10 minutes.

CHEF'S NOTE

Parboil the peppers in boiling water for 5 minutes to cut the cooking time in half. To parboil: add the peppers to a large pot of boiling water and cook for 3 to 5 minutes. Drain and rinse in cold water; set aside.

Red, orange, or yellow bell peppers are the best choice for this recipe, because they are sweeter than green bell peppers.