



Roasted Stuffed Bell Peppers

Description

Ingredients

4 large bell peppers (any color)

1 cup quinoa, rinsed and cooked

1 lb ground turkey or beef

1 onion, finely chopped

2 cloves garlic, minced

1 can (15 oz) black beans, drained and rinsed

1 cup corn kernels (fresh or frozen)

1 cup diced tomatoes

1 teaspoon cumin

1 teaspoon chili powder

1/2 teaspoon paprika

Salt and pepper to taste

1 cup shredded cheese (cheddar, Monterey Jack, or a blend)

Fresh cilantro or parsley for garnish

Execution

1

Preheat the Oven: Preheat your oven to 375°F (190°C).

2

Prepare the Bell Peppers: Cut the tops off the bell peppers and remove the seeds and membranes. Lightly brush the outside of the peppers with olive oil and place them in a baking dish.

3

Cook the Quinoa: In a saucepan, cook the quinoa according to package instructions. Set aside.

4

Cook the Ground Meat: In a skillet over medium heat, cook the ground turkey or beef until browned. Add chopped onions and garlic, sautéing until the onions are translucent.

5

Prepare the Filling: To the skillet, add black beans, corn, diced tomatoes, cumin, chili powder, paprika, salt, and pepper. Stir in the cooked quinoa and cook for an additional 5 minutes.

6

Stuff the Peppers: Spoon the filling into the prepared bell peppers, pressing down gently. Top each stuffed pepper with shredded cheese.

7

Roast in the Oven: Cover the baking dish with foil and bake in the preheated oven for 25-30 minutes, or until the peppers are tender.

8

Broil for Crispy Cheese: Remove the foil and broil for an additional 5 minutes or until the cheese is golden and bubbly.

9

Garnish and Serve: Remove from the oven, sprinkle with fresh cilantro or parsley, and serve hot.

Additional tips

- Experiment with different cheese blends for varied flavors.

- You can make the filling ahead of time for quicker preparation.
- Add a squeeze of lime juice or serve with a side of salsa for extra freshness.
- These stuffed peppers are versatile, so feel free to customize the filling with your favorite ingredients.

Date

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Meta Fields

Total Time : 60 min

Servings : 4

Prep Time : 20 min

Difficulty : Easy

Cooking Time : 40 min

Recipe Desc : These Roasted Stuffed Bell Peppers are a delicious and wholesome dish that combines the sweetness of bell peppers with a flavorful and protein-packed filling. Perfect for a family dinner or entertaining guests, this easy recipe is a crowd-pleaser.

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