

HeartLinks

Stuffed Peppers

- 4 small to medium green, red, or yellow sweet peppers
- 1 cup cooked brown rice and quinoa
- 1 15-ounce can chili beans rinsed and drained
- 2 8-ounce cans no-salt-added tomato sauce

- 1 15-ounce can roasted tomatoes (drained)
- 1/3 cup finely chopped onion
- 3 ounces Monterey Jack cheese, shredded (3/4 cup)
- Chili powder (optional)
- 5 cloves of minced garlic

1. Remove the peppers tops and membrane.
2. Chop enough tops to make 1/3 cup; set aside. If necessary, cut a thin slice from the bottom of each pepper so they sit flat.
3. Pour tomato sauce into the bottom of a roasting pan; stir in reserved chopped pepper and onion. Place peppers, open side up, in the roaster.
4. Cook quinoa and brown rice according to the manufacture instructions. (for convenience used packed combination) Preheat oven on 325
5. In a medium sauté pan mix in, 1 tbs olive oil, and minced garlic. Sauté until desired sensory (about 2 min). Stir in the quinoa rice and drained beans;
6. Spoon into peppers
7. Place peppers in the roasting pan; cover and cook on 325 for 30 minutes or until the peppers are slightly soft.
8. To serve, transfer peppers to serving plate and cut in half, if desired. Spoon tomato sauce over peppers and sprinkle with cheese and, if desired, chili powder.

Stuffed Peppers

 Calories

252 Per Serving

 Protein

26g Per Serving

 Fiber

6g Per Serving