

Quinoa-Stuffed Bell Peppers

Poivrons farcis au quinoa

40 min

Medium

340 kcal per serving

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Bell pepper (<i>Poivron</i>)	3
Quinoa (<i>Quinoa</i>)	120 g
Black beans (<i>Haricots noirs</i>)	150 g
Corn (<i>Maïs</i>)	80 g
Tomato sauce (<i>Sauce tomate</i>)	200 ml
Cumin (<i>Cumin</i>)	1 tsp

Nutrition facts

PER SERVING

Calories	340
Protein	12 g
Carbohydrates	46 g
Fat	12 g
Fiber	8 g

Preparation

- 1 Rinse the quinoa under cold water, then cook it in a pot with 240 ml water until the grains are tender and the water is absorbed.
- 2 While the quinoa cooks, cut the bell peppers in half lengthwise and remove the seeds and white ribs.
- 3 Heat the black beans, corn, tomato sauce, and cumin in a pan over medium heat until warm, then stir in the cooked quinoa and season with salt and pepper.
- 4 Taste the filling and adjust the seasoning if needed, keeping it moist but not soupy.
- 5 Spoon the quinoa mixture into the bell pepper halves and arrange them in a baking dish.
- 6 Add a small splash of water to the dish, cover with foil, and bake at 190 C until the peppers are tender, about 25 to 30 minutes.

7 Remove the foil and bake a few minutes more if you want the tops a little drier before serving.

GOOD TO KNOW

If the peppers are very thick, blanch them for 2 minutes in boiling water first so they bake evenly.