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Intermediate

Fruits & Vegetables

UPSHUR

Slower Cooker Quinoa Black Bean Stuffed Bell PepperName of Recipe

Source: Dinner Tonight Website www.dinnertonight.tamu.edu

Servings: 2

Ingredients

2 bell peppers (green, orange, yellow, or red)
1/3 cup uncooked quinoa rinsed
1 15-ounce can black beans no salt added
1 8-ounce can tomato sauce unsalted
1 tsp cumin
1 tsp chili powder
1 tsp garlic powder
1/4 cup onion diced
3/4 cup cheese Mexican blend, reduced fat, shredded
1/4 cup water
garnish (optional, for garnish)

Instructions

1. Cut off the tops of the peppers and scrape out the ribs and seeds.
2. Dice the onion and measure a ¼ cup.
3. In a bowl, combine the quinoa, beans, tomato sauce, spices, onion, and ½ cup of the cheese.
4. Fill each pepper with the mixture.
5. Pour ¼ cup water into the bottom of a slow cooker.
6. Place the peppers in the water.
7. Cover and cook on low for about 5 hours or on high for about 2 hours or until quinoa is tender.
8. Remove the lid, distribute the remaining cheese (¼ cup) on top of the peppers, and cover again until the cheese is melted.
9. Add cilantro, then serve.