



Quinoa Stuffed Bell Peppers

Serves four

4 washed bell peppers – tops removed and seeds removed
½ cup cooked quinoa
½ pound ground beef
1 small white onion – finely chopped
3 garlic cloves – minced
1 small chili pepper – seeded, membrane removed, minced
1 TBS chopped parsley
1 tsp. cumin
1 tsp. Worcestershire sauce
1 ½ cup tomato sauce
1 tsp. garlic powder
1 tsp. crushed dried oregano
½ tsp. crushed dried basil
1 tsp. salt
1 tsp. black pepper
1 TBS Olive oil
1 TBS shredded Parmesan cheese for garnish

Heat oven to 350 degrees. Heat some olive oil in a pan. Add the onion and cook until translucent – about 5 minutes. Add the garlic, chili pepper, parsley and cumin. Mix well and cook for a minute. Add the ground beef and cook until almost completely cooked through. Remove from heat.

Place the cooked quinoa and meat in a bowl. Add the Worcestershire sauce and 1 cup of the tomato sauce. Add salt and pepper to taste. Mix well.

Place the bell peppers in an oven proof dish. They have to fit snugly in order not to fall over. Fill them with the quinoa and meat.

Mix the remaining tomato sauce, garlic powder, oregano and basil. Season with a little salt and pepper. Top the peppers with the tomato sauce. Sprinkle some Parmesan cheese for garnish.

Place the peppers in the oven and bake for about 50 minutes until peppers are softened and filling is heated through. Serve and enjoy!

CALORIES 292.25; FAT 16.11 grs (sat 5.14; mono 7.57; poly 0.82); PROTEIN 14.63 grs ; FIBER 5.47 grs; CARBS 24.18 grs; CHOLESTEROL 41.35 mg; IRON 3.5 mg; SODIUM 1148.99 mg; CALCIUM 86.61 mg

