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Quinoa Stuffed Red Bell Pepper

Ingredients:

**1 pound extra lean ground beef (96 percent lean)
1 medium onion, chopped
2 ribs celery, chopped
1Tbsp ground cumin
4 cloves garlic, minced
1 jalapeño, seeded and chopped
1 can petite diced tomatoes, drained
1 can black beans (low sodium) rinsed, drained
1/2 c. of canned corn
3/4 cup quinoa
1 1/2 cups of water
1 jar marinara sauce (may also use a couple cans of tomato soup)
4 large red bell peppers seeds and ribs removed**

Instructions:

In a pan, brown ground beef and onions once browned, add celery and jalapeño for about 5 minutes until soft then add cumin and garlic and cook for an additional 2 minutes.

Stir in drained tomatoes, black beans, corn, quinoa and 1 1/2 cups water. Cover and bring to a boil Reduce heat to medium-low and simmer for about 20 minutes or until quinoa is tender.

Fill each bell pepper with the mixture to top. Pour jar of marinara in a pan and place the pepper gently into the sauce. Cover and cook on medium-low heat for about 35 minutes until peppers soften. Keep an eye on this process as you do not want to overcook the peppers. They can become very soft and fall apart if cooked too well.

Transfer stuffed peppers onto a serving dish and drizzle with remaining marinara over top. Enjoy!

Quinoa pronounced (keen-wa) is one of the best sources of protein in the vegetable kingdom. It is a great source of fiber and is actually the seed of a leafy plant related to spinach. It was the primary food of the Inca Indians and is gluten free. Red peppers are a rich source of vitamin c.

