

## STUFFED PEPPERS WITH QUINOA

*Nutrition:* Calories: 320 kcal; Carbs: 47g, fiber 6g, Protein: 24g, Fat: 10g

1 PEPPER = 1 SERVING

Servings: # 3 // Nutritional info per 1 serving

Prep time: 20minutes+ Cooking time: 1hour

### INGREDIENTS

- ½ pound ground beef—or sub with ground turkey
- 1/2 cup Quinoa uncooked- or sub rice
- 1 cup water
- 3 green bell peppers
- 1 (8 oz) cans tomato soup low sodium
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- ½ small onion chopped
- salt and pepper to taste
- 1 teaspoon Italian seasoning



*EASY HACK: COOK THE GROUND BEEF IN A CROCK POT, TAKES 2-3 HOURS ON LOW. I freeze the leftovers for taco Tuesdays 😊 All you need to do is add taco seasoning 😊*

### DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Cook Quinoa as directed—you can swap for rice – **Quinoa has more protein & fiber**
3. In a skillet, cook the beef over medium heat until browned. (*You can also cook the meat in the crock pot, just add ¼ cup water to it on low and check it in 3 hours*)
4. Cut out the tops of the bell peppers. Clean out the seeds and any membranes. Then arrange the peppers in a baking dish with the hollowed sides face up.
5. In a bowl MIX WELL & combine:
  - a. ¾ cup cooked Quinoa and 6 oz ground beef, ½ can tomato soup, onion and garlic powder, pepper and Italian seasoning.
  - b. I use about 1 cup mixture per pepper
6. Fill each bell pepper to the top.
7. In a bowl, mix together the remaining tomato sauce and Italian seasoning. Pour as a topping over the stuffed peppers.
8. TOP THE PEPPERS EACH WITH ¼ CUP PART SKIM Mozzarella cheese.
9. Bake for 45 mins in the preheated oven until the peppers are tender.