



Recipe by **BevCooks**
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Black Bean, Corn and Quinoa Stuffed Peppers

Stuffed! And so are they.

Prep Time:
10 min

Total Time:
1 hr

Servings:
8 stuffed pepper halves

Ingredients

- 1 sweet potato, cut into small cubes
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 4 tablespoons extra-virgin olive oil, divided
- 1/2 red onion, diced
- 1 jalapeno, seeded and diced
- 3 cloves garlic, minced
- 1 (8 ounce) Old El Paso black bean packet, drained
- 1 (12 ounce) frozen package Green Giant corn steamers
- 1/2 cup uncooked quinoa
- 2 tablespoons fresh lime juice
- 1/2 cup fresh cilantro leaves
- 4 red bell peppers, sliced lengthwise and seeds removed
- 2 cups shredded cheddar
- 1 scallion, finely diced (for garnish)
- 2 pinches coarse salt and freshly ground pepper

Directions

- 1 Preheat oven to 400. Arrange the diced potatoes on a rimmed baking sheet. Drizzle with 2 tablespoons oil and sprinkle with cumin, chili powder and a good pinch of salt and pepper. Toss and roast for 20 minutes. Once roasted, lower the heat to 375.
- 2 Cook the quinoa in boiling water until they pop into little spirals, about 15 minutes. Drain.
- 3 Heat the remaining 2 tablespoons oil in a large skillet over medium-high. Add the onions and sauté until they start to soften, about 4 minutes. Add the jalapeno and garlic; sauté another minute, until fragrant.
- 4 Add the black beans and frozen corn; cook for 5 minutes, until warmed. Add the roasted sweet potatoes, cooked quinoa, lime juice, cilantro leaves, and a good pinch of salt and pepper.
- 5 Stuff the mixture into each pepper half, and sprinkle the cheese on top. Bake for 30 minutes, or until the peppers have softened, and the cheese is melted and starting to bubble.

6 Garnish with scallions and serve immediately.

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