

Stuffed Bell Peppers

- 1 cup quinoa or rice (thoroughly rinsed and drained)
- 2 scant cups [vegetable stock](#) (sub water, but it will be less flavorful)
- 4 large red, yellow, or orange bell peppers (halved, seeds removed)
- 1/2 cup [salsa](#) (plus more for serving)
- 1 Tbsp [nutritional yeast](#) (optional)
- 2 tsp cumin powder
- 1 1/2 tsp chili powder
- 1 1/2 tsp garlic powder
- 1 15-ounce can black beans
- 1 cup whole kernel corn (drained)

Instructions

1. Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy – about 20 minutes.
2. Preheat the oven to 375 degrees and lightly grease a baking dish or rimmed baking sheet.
3. Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.
4. Add cooked quinoa to a large bowl and add remaining ingredients. Mix to thoroughly combine, adding more spices as desired.
5. Stuff halved peppers with mixture then cover with foil.
6. Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.