



DINNER



QUINOA STUFFED PEPPERS

BY CHEF LASZLO GLOSZAUER

VEGAN /
DAIRY-FREE /
GLUTEN-FREE
YIELDS 4 SERVINGS

Stuffed peppers are what dreams are made of. This easy vegan lunch or dinner is loaded with flavour, fibre and plant-based protein. With a bit of a Mexican flair, this dish is baked to perfection.

Nutrition Facts*

Calories	270cal
Protein	14g
Total Fat (0 g trans fat)	2g
Carbohydrates	49g
Sugar	6g
Sodium	58mg

Nutritionist Approved

This recipe is a plant-based protein powerhouse. Quinoa and beans are protein-rich and extremely high in fibre. Housed in a bell pepper, which is also high in fibre and is an excellent source of vitamin A and vitamin C, this recipe offers the benefits of broth, cumin and fresh herbs.

*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

INGREDIENTS

- 1½ cups wild rice or quinoa
- 1½ cups vegetable broth
- 1½ cups plain tomato sauce
- 1 tsp. fresh herbs
- ½ tsp. garlic powder
- ½ tsp. smoked paprika
- ½ tsp. cumin
- 2 cups chopped mushrooms
- 1 chopped red onion
- 4 red bell peppers (or yellow or green)
- 1 can (15 oz.) kidney beans
- ½ cup green beans or sweet corn

For Cooking

- 1 cup tomato sauce
- ½ tsp. garlic powder
- 1 tsp. hot pepper flakes (optional)
- 1½ tsp. herbs

Garnish

- Green onion
- Hot sauce
- Avocado
- Vegan cheese sauce (optional)

METHOD

- 1 Simmer wild rice or quinoa on medium-low heat with vegetable broth, plain tomato sauce, herbs, mushrooms and red onion until rice or quinoa is fully cooked. When cooked, stir and mix in kidney beans and green beans or corn.
- 2 Preheat oven to 350 degrees F. While rice is cooking, prepare a casserole dish by adding tomato sauce and spices to the bottom of it. Prepare bell peppers by removing the seeds and white insides. Leave the tops of the peppers intact.
- 3 Fill the peppers by adding the rice mixture to the peppers (you will have a bit of rice mixture left over). Arrange the stuffed peppers side by side in the pan. Place tops back on. Cover and bake in the oven for 35 minutes. For the final 5 minutes remove the lid of the casserole dish and broil the stuffed peppers until the tops of the peppers just begin to blacken (being careful not to burn the peppers!).
- 4 Smother the stuffed peppers in the thick tomato sauce from the bottom of the pan and top off with your preferred garnish.

