

Bell Pepper Stuffed with Quinoa



I have been trying to cook more with quinoa, so I decided to substitute the grain in the stuffed bell peppers with quinoa. I usually use cracked wheat or rice. The way that I prepared this bell peppers are very easy and simple and sure makes a great one meal dish.



Ingredients:

1/3 cup quinoa
1 lb lean ground beef
2 tomatoes, seed removed and chopped
½ large onion chopped
¼ cup chopped cilantro
1/3 teaspoon ground all spice
1 tablespoon olive oil
5~6 medium size green bell peppers
Salt and pepper to taste



Method:

Rinse the quinoa and let it drain well. Mix all the

ingredients together, except the olive oil and stuff the bell peppers.

In a large skillet heat the olive oil and place the stuffed bell peppers with the stuffing facing the pan. Let the meat brown for a few minutes. Turn the bell peppers and add 1 cup of hot water.

Cover and let it cook for approximately 15 minutes.

Serve it hot.



***Thank you for stopping by Simple Recipes and have
a great week!***