

# Quinoa-Stuffed Peppers

*From – Vegetarian Times*

1 medium onion, finely chopped (1 cup)  
1 to 2 Tbsp olive oil  
2 ribs celery, finely chopped (½ cup)  
1 tsp ground cumin  
2 cloves garlic, minced (2 tsp)  
1 large bunch fresh spinach, chopped  
28 oz can fire-roasted tomatoes, drained, diced and liquid reserved  
15 oz can black or cannellini beans, rinsed and drained  
1 cup quinoa  
3 large carrots, grated (1 ½ cups)  
¼ to ½ cup toasted pine nuts or raisins  
1 ½ cups cheese  
4 large bell peppers, halved lengthwise, ribs removed

- Rinse quinoa and cook in 1 ¼ cups water – 20 minutes.
- Heat oil in saucepan over medium heat.
- Add onion and celery. Cook 5 minutes or until soft.
- Add cumin and garlic and saute` 1 minute.
- Stir in spinach and drained tomatoes. Cook 5 minutes, or until most of liquid has evaporated.
- Stir in black beans, carrots and pine nuts. Season with salt and pepper.
- Stir in 1 cup cheese.
- Preheat oven to 350 degrees. Lightly grease a baking dish.
- Pour liquid from tomatoes in bottom of baking dish.
- Fill each bell pepper half with quinoa mixture and place in baking dish.
- Cover with foil and bake 1 hour.
- Uncover and sprinkle each pepper with 1 Tbsp remaining cheese.
- Bake 15 minutes more or until tops of stuffed peppers are browned.
- Let stand 5 minutes.
- Transfer stuffed peppers to serving plates and drizzle each with pan juices before serving.



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