



Dash
of
Wellness

Stuffed Peppers

I
ILLINOIS
Extension
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

1lb. lean (90%) ground beef or
ground turkey
1 yellow onion, diced
1 tsp. olive oil
½ cup quinoa
1 cup unsalted beef broth
5 bell peppers, washed, top
removed and seeded
1 can no-salt added corn, rinsed
and drained

10 oz. can tomatoes with diced
chilies, drained
1 Tbsp. chili powder
2 tsp. smoked paprika
¼ tsp. ground cumin
¼ tsp. pepper
½ cup shredded cheese (optional)

Directions

1. Wash hands with soap and water.
 2. Preheat oven to 350°F. Spray 9X13 pan with non-stick cooking spray.
 3. Boil quinoa and beef broth, cover and reduce to a simmer for 15 minutes. Fluff quinoa with a fork and set aside.
 4. In a large pan, heat oil over medium heat. Add onions and cook until translucent. Add ground beef, do not wash before cooking, and cook and break apart for 4-5 minutes.
 5. Add corn, tomatoes, and seasonings. Bring mixture to a boil, then simmer for 10 minutes. Add quinoa.
 6. Place peppers in the 9X13 pan, allowing for an inch between each. Spoon in ¾ cup of quinoa mixture into each pepper. Put cheese on each if desired. Cover with foil. Bake for 50 minutes. Remove foil and bake another 20 minutes. Enjoy!
- Yield:** 5 Servings

Nutrition Facts (per stuffed pepper using ground beef without cheese):
*370 calories, 12 grams fat, 370 milligrams sodium, 42 grams carbohydrate,
7 grams fiber, 26 grams protein*

*University of Illinois Extension provides equal opportunities in programs and employment.
State • County • Local Groups • United States Department of Agriculture Cooperating*