



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Beef and Quinoa Stuffed Peppers

Serving Size: 1 pepper

Ingredients:

- 6 medium bell peppers
- 1 Tbsp olive oil
- 1 small white onion, diced
- 2 Tbsp fresh garlic, ground or minced
- 3 Tbsp cilantro stems, chopped
- 1 lb 97% lean ground beef or turkey or pre-cooked shredded chicken
- 8oz tomato sauce
- 1 can diced tomatoes
- 1 cup cooked quinoa (cooked "al dente", not mushy)
- 1 Tbsp of your favorite seasoning (you could use Italian seasoning. I used 1 tsp of cumin, 1 tsp garlic powder, and 1 tsp oregano)
- $\frac{3}{4}$ cup low fat shredded mozzarella cheese
- $\frac{1}{4}$ cup cilantro leaves, chopped
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper

Steps:

1. Preheat oven to 350° F.
2. Prepare peppers by slicing the top off and removing the seeds and inner ribs. Lay peppers on a deep baking sheet and set aside.
3. Heat olive oil on a large skillet over medium heat. Add onions and cook for ~10 minutes, stirring every minute or so until they turn brown and caramelize, without burning.
4. Add garlic and cilantro stems, toss until you can smell the aroma of the garlic.
5. Raise heat slightly above medium heat. Add the ground beef and mix well with the onions, garlic and cilantro leaves. Using your cooking spoon, break up the beef until it is fine and crumbly.
6. Once beef has almost fully cooked, season with salt, pepper, and 1 Tbsp of your favorite no salt seasoning.
7. Add tomato sauce, diced tomatoes, cooked quinoa and half of the cheese. Mix until everything is well incorporated, and cheese is fully melted.
8. Fill the peppers with ground beef mixture. Bake for 15 minutes. Remove from oven, top with remaining mozzarella cheese and bake for another 15 minutes.
9. Garnish with fresh cilantro and enjoy!

Nutrition Facts (per serving):

Calories: 262, Protein: 28 g, Fat: 10 g, Carbohydrates: 13 g, Sugars: 3 g