

Mexican Quinoa Stuffed Peppers

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-peppers-recipe-mexican>

Ingredients:

- 6 large bell peppers red, green, yellow or orange
- 1 pound lean ground turkey Kroger®
- 1/2 cup red onion chopped
- 2 cloves garlic minced
- 2 tablespoons tomato paste
- 1 can Kroger Black Beans 15 oz, drained and rinsed
- 1 can petite diced tomatoes Kroger®, 14.5 oz
- 1 can sweet corn Kroger®, 15 oz
- 1 cup tri-color quinoa Kroger®, uncooked
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 lime
- salt
- pepper
- 2 cups reduced fat cheese Kroger® Sharp Cheddar, divided

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 60 milligrams
4. Fat: 8 grams
5. Fiber: 11 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 530 milligrams
9. Sugar: 5 grams

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