

Vegan Mexican Stuffed Peppers

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 4 whole poblano peppers Largest you can find
- 2/3 cup quinoa
- 1/2 brown rice
- 1 can corn low sodium
- 1 can black beans low sodium
- 4 tablespoons salsa
- 1/2 cup fresh cilantro roughly chopped and extra for garnishing
- 1/4 whole red onion finely diced
- 2 whole jalapeños finely diced
- 2 tablespoons lime juice or juice from one fresh lime is best
- 1 tablespoon smoked paprika
- 1 tablespoon cumin ground
- 1 teaspoon garlic powder
- salt to taste
- 1 whole hass Avocado, or less of a larger avocado
- red pepper hummus Roasted, garnish to your liking, optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 55 grams
3. Fat: 3 grams
4. Fiber: 13 grams
5. Protein: 14 grams
6. Sodium: 720 milligrams
7. Sugar: 3 grams

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