

Stuffed Bell Peppers

Ingredients:

- ½ cup onion, chopped fine
- 1 tbsp. extra virgin olive oil
- 1 celery stalk, chopped
- 1 cup low sodium vegetable broth
- 4 garlic cloves, finely chopped
- 5 oz. chopped spinach, frozen
- 8 oz. white beans, cooked
- ½ cup fresh tomatoes, chopped
- ½ cup quinoa
- 1 medium carrot grated
- 2 bell peppers, red or yellow
- ¼ tsp. salt
- ½ tsp. pepper



Nutrition Facts

Serving Size 1/2 bell pepper (408g)
Servings Per Container 4

Amount Per Serving

Calories 270 Calories from Fat 80

% Daily Value*

Total Fat 9g	14%	
Saturated Fat 2.5g	13%	
Trans Fat 0g		
Cholesterol 10mg	3%	
Sodium 420mg	18%	
Total Carbohydrate 37g	12%	
Dietary Fiber 7g	28%	
Sugars 10g		
Protein 10g		

Vitamin A 110% • Vitamin C 160%
Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Sauté onion and celery in oil to translucent. Add garlic. Cook one additional minute.
2. Stir in tomatoes and cook 5 minutes.
3. Add beans, quinoa, carrot, spinach, salt, pepper and 1 cup vegetable stock. Bring to boil, cover, turn down heat and simmer for 20 minutes.
4. Preheat oven to 350 degrees F. Cut bell peppers in half length wise. Scoop out seeds and veins.
5. Fill each pepper evenly with stuffing mix, cap with a small square of foil. Turn upside down onto a baking dish. Roast for 20 minutes until pepper is just turning soft.
6. Halfway through baking time, add top to baking dish for duration of cooking time. Remove from oven. Invert peppers upright. Serve while still hot and enjoy!