

Cheesy Stuffed Peppers



Sirve:

6 portions

Pieza:

4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

3.5 Qt. Double Walled Bowl

large mixing bowl

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Sweet peppers stuffed with quinoa, broccoli & mozzarella cheese are the perfect simple meal in an edible bowl. Quick cooking quinoa is a great source of protein and fiber and can be prepared ahead of time. Use your favorite convenience foods; frozen vegetables and store bought sauce.

3 each
sweet peppers, red, orange, yellow or a combination
3 cups
quinoa, cooked, cooled
(555
g)
9 ounces
broccoli florets, frozen, thawed & chopped
(255
g)
¼ cup
sun-dried tomato, minced
(28
g)
1 teaspoon
basil, dry
(.70
g)
½ teaspoon
garlic, dry, granulated
(1.4
g)
1 teaspoon
natural salt
(6
g)
1 cup
Mozzarella cheese, shredded, Cone #2

(112
g)
1 cup
tomato sauce
(235
ml)
¼ cup
parsley leaves, fresh, chopped
(56
g)

Preparación :

1. Wash and trim peppers and slice in ½ lengthwise. Remove seeds and white pith from peppers and place peppers on clean plate.
2. Place chilled quinoa in a mixing bowl. Drain defrosted broccoli and chop into small pieces and add to quinoa.
3. Add sundried tomato, basil, granulated garlic and salt to quinoa, stir to combine.
4. Add ½ cup of shredded mozzarella and stir.
5. Divide quinoa mixture evenly between peppers. Pour tomato sauce on bottom of Braiser pan, making sure it covers bottom of pan evenly.
6. Place stuffed peppers on top of sauce in Braiser pan, sprinkle remaining ½ cup of mozzarella cheese on top of peppers.
7. Place lid on Braiser pan and when Vapo Valve™ begins to click steadily turn heat to low and cook for 20-30 minutes until peppers have reached desired tenderness.
8. Serve stuffed peppers with a little bit of tomato sauce.

Consejos:

- Substitute mozzarella cheese for a vegan mozzarella style cheese.
 - Substitute other cooked grain for quinoa; brown rice or forbidden rice.
 - Add in chopped turkey or Italian style sausage.
 - Serve with a fresh tossed salad.
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